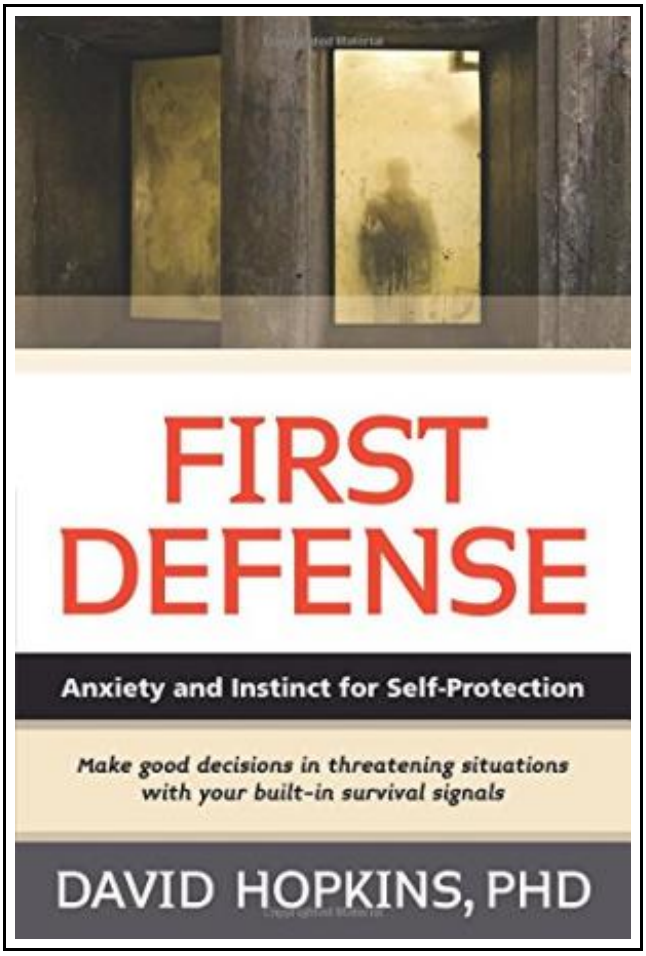
First Defense: Anxiety and Instinct for Self Protection



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Reviews

Completely essential read publication. I am quite late in start reading this one, but better then never. You wont truly feel monotony at at any moment of your time (that's what catalogs are for regarding should you question me).

(Nels Runte IV)

FIRST DEFENSE: ANXIETY AND INSTINCT FOR SELF PROTECTION

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YMAA Publication Center. Paperback / softback. Book Condition: new. BRAND NEW, First Defense: Anxiety and Instinct for Self Protection, David Hopkins, We all have a built in weapon system that we rarely use, it s called anxiety. We are taught that anxiety is something to avoid. That emotional experiences such as fear, trepidation, or stress, are contrary to living a happy life. We are also told that in threatening situations, anxiety should be quelled. This is not true. Realize that a key to success in a threatening situation is to use your anxiety to increase your sensory input with information vital to your survival. Understand how to manipulate the anxiety of your aggressor, denying him critical information he will need for success. Whether you are a college student, a martial artist, a parent, or a citizen, you will learn three constants that will help you stay safer and reduce your overall risk of being victimized by aggression. .How your instincts are the key to making the right decisions for the toughest challenges. .Why your anxiety is the link between decision-making and instinct. .How to be completely in the moment, so your will can coordinate your anxieties and your instincts into a highly effective decision-making process. David Hopkins brings together a unique mix of expertise from professions in psychology and psychotherapy, martial arts, security and anti-terror. He will provide a practical, proven and effective system for enhancing any martial arts or self-defense system. Whether facing potential or active threats, either real time or online, you will learn to protect yourself and your family more effectively. You will be given practical exercises for developing these skills and examples from my own experiences in close protection/security, anti-terror, and undercover work using this same system. When you finish with this book, you will be...

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