



How To Defend Yourself in 3 Seconds (or Less!): Self Defence Secrets You NEED to Know!

Phil Pierce

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Unlock the powerful secrets of easy Self Protection in "How to Defend Yourself in 3 Seconds or Less: The Self Defence Secrets You NEED to Know."

A simple and insightful guide for beginners and experts alike!

- **How to Unlock Your Brain's Secret Power...**
- **How Can You Win Every Single Fight...**
- **The 3 Second Rule (That most people have no idea about)...**
- **How can you train your brain to deal with panic...**
- **Illustrated Techniques**
- **Distraction and Evasion**
- **How to Fight...even when you can't see!**
- **The Most Common 'Mistake' with a popular technique...**
- **and much more!**

With most violent encounters the ability to defend yourself comes down to a matter of seconds where the right actions can be the difference between life and death.

Developed with input from Top Martial Artists and Self Defense experts this illustrated guide reveals the secrets of real Self Defence and exposes the truth behind street violence.

All designed to give you straight-forward, practical advice and keep you safe when it counts.

Stay safe out there and get the edge today!

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