



# **Fight Back: A Woman's Guide to Self-Defense that Works**

*Loren W. Christensen*

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# Fight Back: A Woman's Guide to Self-Defense that Works

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## **Fight Back: A Woman's Guide to Self-Defense that Works** Loren W. Christensen

Some 'experts' say that you should be submissive when attacked at home or by a stranger. You won't find that advice here, although you might use it as a ruse before you claw your assailant's eyes and annihilate his groin. Your ultimate goal is to get away but you don't achieve that by being meek and docile. You get away by drawing on that hard-wired survival instinct to attack him like an enraged lioness protecting its babies.

*In Fight Back: A Woman's Guide to Self-defense that Works*, martial arts experts Loren W. Christensen and Lisa Place teach you to use your hands, forearms, elbows, teeth, knees and feet to survive the type of attack that unsuspecting women become the victims of every day. And you will learn that you're surrounded by a limitless cache of weapons that you can use to your advantage against a larger assailant.

If you're ready to learn to fight back, Loren and Lisa know exactly what you need to survive an attack in your home or on the street.

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#### **Patricia Carter:**

Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the reserve untitled Fight Back: A Woman's Guide to Self-Defense that Works can be good book to read. May be it could be best activity to you.

#### **Jacqueline Lewis:**

Playing with family within a park, coming to see the water world or hanging out with close friends is thing that usually you have done when you have spare time, after that why you don't try issue that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Fight Back: A Woman's Guide to Self-Defense that Works, you can enjoy both. It is very good combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't buy it, oh come on its called reading friends.

#### **Pamela Stanley:**

In this age globalization it is important to someone to get information. The information will make you to definitely understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You can view that now, a lot of publisher this print many kinds of book. The actual book that recommended to you personally is Fight Back: A Woman's Guide to Self-Defense that Works this e-book consist a lot of the information of the condition of this world now. This specific book was represented how do the world has grown up. The language styles that writer require to explain it is easy to understand. The writer made some investigation when he makes this book. Honestly, that is why this book appropriate all of you.

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