



No Second Chance: A Reality-Based Guide to Self-Defense

Mark Hatmaker and Doug Werner

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When violence becomes unavoidable, it's best to be informed, and this self-defense book provides revolutionary information that could mean the difference between life and death in the event of a physical assault. Included are drills to increase awareness, examples for using the environment as a self-defense tool, and methods that allow victims to best use their inherent strengths to repel an attack. An interesting look at the psychology of an attack - exploring the mindset of both attacker and victim, and illuminating the dynamic between the two - this manual puts the power back into the hands of concerned citizens.

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