



Guía de Supervivencia Callejera: Técnicas de Pelea, Evasión y Alerta para la Defensa Personal (Spanish Edition)

Rory Christensen

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Deshazte de las tonterías y confusión de aprender defensa personal.

Este libro será tu guía de supervivencia callejera y simplificará el proceso de aprendizaje de defensa personal.

Si quieres saber sobre este tema, este libro te ayudará a ello. Aquí aprenderás:

- Cómo defenderte y NO ser arrestado en el proceso
- Cómo evitar ser una víctima de la violencia
- Cómo detectar y evitar problemas antes de que sucedan
- Cómo manejar el problema cuando ya está presente
- Cómo manejar la sensación de miedo y la adrenalina
- Cómo lidiar con las secuelas de la violencia
- Y mucho más

Si justo estás comenzando tu viaje en la defensa personal, este libro te ayudará diciéndote exactamente que necesitas saber en simples y concisos términos. No son sandeces sobre defensa personal.

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