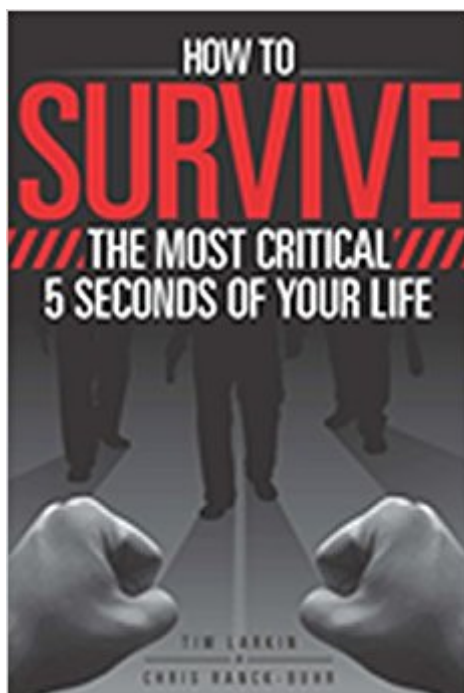


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# How To Survive The Most Critical 5 Seconds Of Your Life



## Synopsis

There are many reasons you might begin this book but the only reason to finish it is to learn how to protect yourself and your family from violence. It's not just about a few techniques to ward off a local thug. It's about tilting the playing field completely in your favor, making sure if you're ever in a hostile situation, you walk away with your life. To do that requires an understanding of principles; an education in the facts of violence. Others give you techniques for specific situations. Finish this book and you'll understand why that's a recipe for disaster. Most people stumble into martial arts or combat sports never really considering why. Each trains you for competition in a safe environment, with rules and supervision agreed in advance. Both give you effective tactics for fighting, and are great for conditioning. But if sport fighting is your thing, this book will say nothing to you. Its total focus is real violence, the kind everyone wants to avoid. It's about dealing with life-or-death threats where no rules exist. And that's completely different than sport fighting. And there lies the difference. This book addresses that place where social communication ends and real violence begins, the point where you have no control, and there's no one to help. It's the situations we all pretend doesn't exist... even though we all know they do. The real question is face-to-face with life-or-death violence, can you defend yourself and your family? Because in that moment, nothing else matters. To learn the answer, read this book. You may not like what the authors have to say but by the end you'll see the truth: that there's only one guaranteed way for anyone to walk away from a hostile situation alive. It's not pretty but once you understand it... it'll change your life forever.

## Book Information

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## Customer Reviews

I suspect a lot of the five star reviews are from friends of the author because frankly this book is principally an advertisement for his expensive seminars and/or DVD sets. It does not instruct the reader on how to survive the first 5 seconds period. What it does do beyond advertising is reinforce repeatedly that all the martial arts training in the world won't work without the right mindset or intention when applying it. This is absolutely correct, but this alone doesn't instruct the reader on how to survive the first 5 seconds of violence encounter. I suspect the author's seminar's and DVDs that actually present the techniques needed to survive a violent encounter are valid, but you won't find them in this book. Fortunately I saw this while searching for another book in the library and read through it in an hour and I'm glad I didn't pay for it. I recommend going to the author's blog and reviewing it. You can get the same information for free and then you can decide if you want to attend the seminar or buy the DVDs.

great

Survive help

My husband only reads when we are on vacation, BUT this book just got his attention from the first page! He would go up and read at night before bed and stay awake! He ordered the videos last week that go with this informational book. Excellent choice.

No problems. Good service.

Good defense resource.

The author brings home the fact that "survival" is not a game, not a tit for tat trade of blows and escalation that one can take a chance on. He basically confirmed what I already knew but it will enlighten those who have not been around as long or followed the paths that I have. It's not about going looking for trouble but when trouble finds you and there is no possible way to avoid it there needs to be a personal understanding of what you have to do to survive. The author wants you to use your mind to avoid problems in every way possible. Avoidance may not be "in the cards that you have to play". Bad guys don't go by "Roberts Rules of Order" nor can you in order to survive. It's a mindset, you have to make mental preparation of the lengths that you are willing to go for your own or another's survival. What would happen if you were to pick up a squirrel in the park? You

need to be that squirrel if the bad guy grabs you. The author de-emphasizes size and even physical conditioning and emphasizes use of your brain in survival situations. After I read the book I sent it to my nephew who also doesn't need particularly to read it but may pick up a few pointers. If you have been taught nonresistance to the SOB's who would assault or kill you please read the book, the cops won't get there in time. Cops get there in time to review the scene of the murder, solve the crime or not. Be the one left standing. . Trust the jury if it comes to that. Resolve to be mentally strong, think ahead, and you will be a survivor.

This book is much like the author's other book, *Survive the Unthinkable for women*. I bought both. One would have done the job. Wished it had a section dedicated solely to pointing out the vulnerable areas of the human body. Such a list is available on the internet elsewhere, however, so buy it anyway and you won't regret it.

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