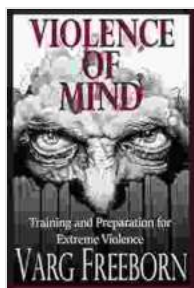


Training And Preparation For Extreme Violence

Are you prepared for the worst? In today's uncertain world, it's more important than ever to be prepared for anything. That's why we're offering our new book, *Training And Preparation For Extreme Violence*.



Violence of Mind: Training and Preparation for Extreme Violence by Varg Freeborn

★★★★☆ 4.7 out of 5

Language : English
File size : 1207 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 248 pages
Lending : Enabled



This book will teach you everything you need to know to survive in a violent encounter. From basic self-defense techniques to advanced tactical strategies, we cover it all. You'll learn how to:

- Identify and avoid dangerous situations
- Use your body and mind to defend yourself
- Develop a plan for surviving a violent attack

- Prepare your family and home for a potential attack

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What's Inside?

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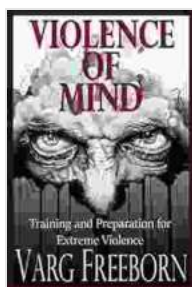
- The psychology of violence
- Situational awareness
- Basic self-defense techniques
- Advanced tactical strategies
- Home security
- Family preparedness
- And much more!

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