

Fragile: The Essential Guide to Self-Defense

In a world where violence is an ever-present threat, it's more important than ever to be able to defend yourself. *Fragile: The Essential Guide to Self-Defense* by Geoff Thompson is the definitive guide to personal safety, teaching you how to avoid dangerous situations, assess threats, and defend yourself effectively if necessary.



Fragile by Geoff Thompson

★★★★☆ 4.7 out of 5

Language : English
File size : 931 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 80 pages
Lending : Enabled



Thompson is a world-renowned self-defense expert with over 30 years of experience in law enforcement, military, and civilian self-defense training. He has trained everyone from SWAT teams to celebrities, and his insights into the psychology of violence are unparalleled.

In *Fragile*, Thompson shares his hard-earned wisdom on self-defense, covering everything from basic self-defense techniques to advanced strategies for dealing with multiple attackers. He also provides valuable advice on how to avoid becoming a victim of violence, how to assess

threats, and how to use your voice and body language to de-escalate potentially violent situations.

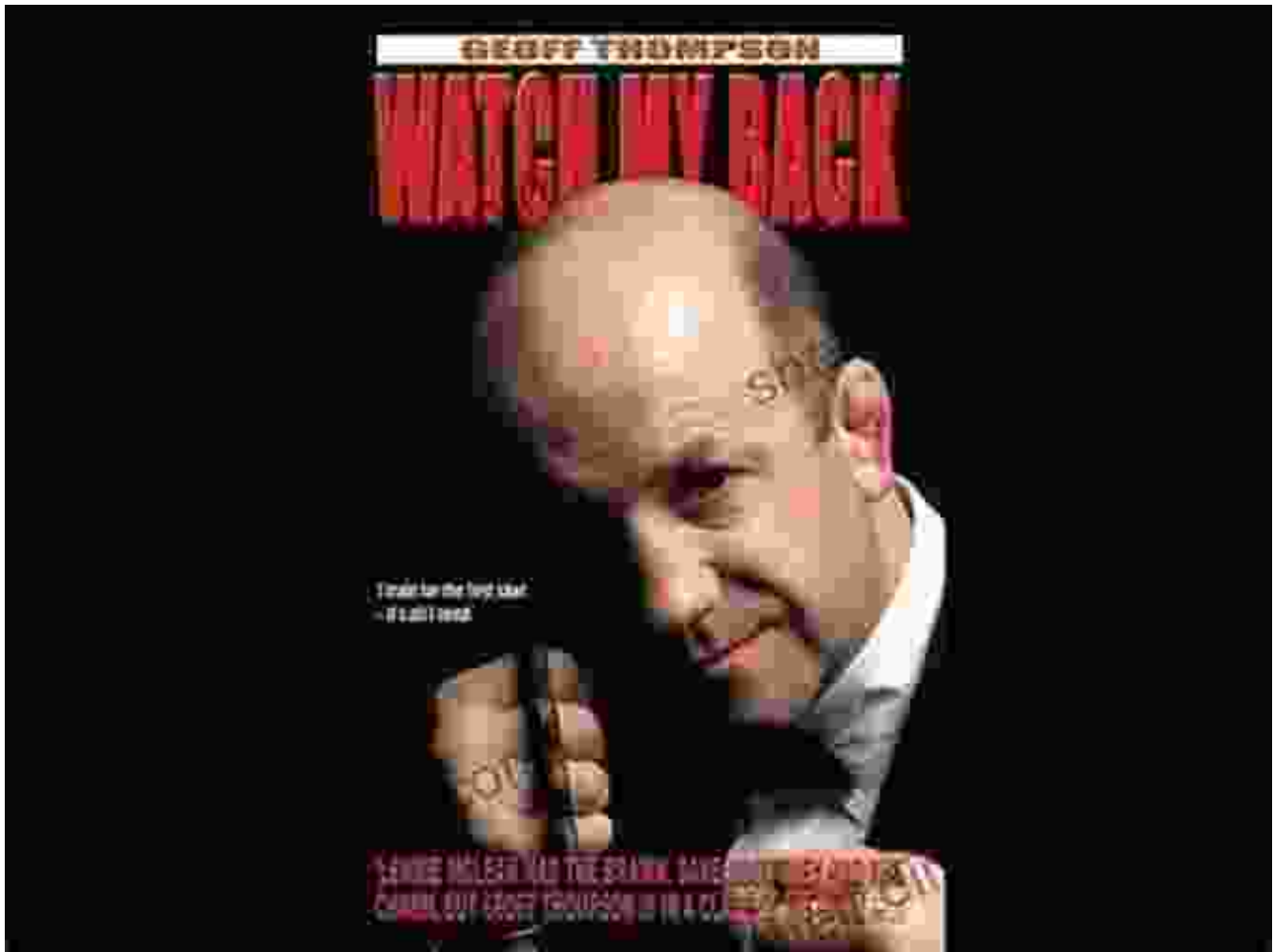
If you're serious about protecting yourself and your loved ones, *Fragile* is the essential guide to self-defense. Thompson's expert advice will help you stay safe in a dangerous world.

What You'll Learn in *Fragile*

- How to avoid dangerous situations
- How to assess threats
- How to defend yourself effectively
- How to use your voice and body language to de-escalate potentially violent situations
- And much more!

Free Download Your Copy of *Fragile* Today

Fragile: The Essential Guide to Self-Defense is available now on Our Book Library.com and other major book retailers. Free Download your copy today and start learning how to protect yourself and your loved ones from violence.



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