

Published based on [Self Defense Ebook - Top Secret Self Defense](#)

Self Defense Ebook - Top Secret Self Defense

If you aren't getting what you deserve out of your life - what you are about to discover could change your life forever...

Are you losing new opportunities to people less talented than you because you didn't stand up for yourself?

Are you getting pushed around and humiliated by bullies that you thought you left behind in the school yard?

If you answered yes to any of those questions, you need to learn the secrets to gaining confidence, power and respect through self defense.

What you would learn in your local dojo with the 10 year olds is about friendly competition, and self discipline, NOT real-life.

Now we all know you can't just punch your boss in the nose to get what you want at work, which is all the more reason learning to fight in the traditional sense is useless to adults like us.

That's why I want to share with you the secrets to defending both your body and your mind against attacks in any situation, be it in a bar, on the street or even in your office

You see, I discovered the truth about martial arts when I was 19. One night I'm sitting in a nasty little Huddle House, enjoying my greasy ham and cheese omelet when my meal gets ruined by some cracked-out, meth-addicted redneck!

This guys comes out of nowhere, beats the crap out of me and is out the door before you could even say "Police!"

I realized that if that ever happened again, the cops would get there in just enough time to draw a nice white outline around my cold, dead body.

I knew I needed to cut through all the crap and find the self defense moves that worked. I didn't care about fighting fair. I wanted to stay alive. So...

You can also find this article published on [Self Defense Ebook - Top Secret Self Defense](#), and on the tag pages [body](#), [crap](#), [ham and cheese omelet](#), [huddle house](#), [life](#), [self defense moves](#).