



# Get Real! A Practical Approach to Personal Safety

*David Saboe*

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# Get Real! A Practical Approach to Personal Safety

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## **Get Real! A Practical Approach to Personal Safety** David Saboe

This no-nonsense book will give the tools you need to ensure your personal safety regardless of your physical ability and skill level. Real self-defense begins long before a physical confrontation takes place and this book will take you through the full self-defense lifecycle.

After reading this book, you will be able to put in place strategies to significantly reduce the chances of predators, criminals, and bullies targeting you. You will also learn de-escalation techniques and understand how to defeat tactics used by aggressors.

The author will share with you his knowledge of the full spectrum of self-defense – from preventing violence and victimization, to dealing with a physical confrontation, to the legal aftermath of the incident. You will understand how to use boundaries to prevent an attack and how to identify and use improvised weapons to improve your odds of success.

By implementing the strategies in this book, you will set up a series of filters designed to defeat predators and bullies before they can use force against you and give you the knowledge you need to protect yourself.

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