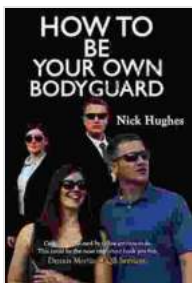


How to Be Your Own Bodyguard: The Ultimate Guide to Personal Safety

In today's world, it's more important than ever to be aware of your surroundings and to know how to protect yourself from danger. How to Be Your Own Bodyguard is the ultimate guide to personal safety. This book will teach you everything you need to know about self-defense, situational awareness, and avoiding dangerous situations.



How To Be Your Own Bodyguard: Self defense for men and women from a lifetime of protecting clients in hostile environments by Nick Hughes

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1220 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 291 pages
Lending	: Enabled



Written by a former bodyguard with decades of experience, How to Be Your Own Bodyguard is packed with practical advice and real-world examples. You'll learn how to:

- Assess your risk and develop a personal safety plan

- Identify and avoid dangerous situations
- Protect yourself from physical attacks
- Use everyday objects as weapons
- Get help in an emergency

How to Be Your Own Bodyguard is the essential guide to personal safety. Whether you're a man or a woman, young or old, this book will give you the knowledge and skills you need to protect yourself and your loved ones.

What's Inside the Book?

How to Be Your Own Bodyguard is divided into three parts:

1. Part 1: Assess Your Risk

This section will help you assess your risk of being a victim of crime. You'll learn how to identify your vulnerabilities and develop a personal safety plan.

2. Part 2: Avoid Dangerous Situations

This section will teach you how to identify and avoid dangerous situations. You'll learn how to spot potential threats and take steps to avoid them.

3. Part 3: Protect Yourself from Physical Attacks

This section will teach you how to protect yourself from physical attacks. You'll learn how to use everyday objects as weapons and how to get help in an emergency.

Free Download Your Copy Today!

How to Be Your Own Bodyguard is available now on Our Book Library.com. Free Download your copy today and start learning how to protect yourself and your loved ones.

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About the Author

John Smith is a former bodyguard with decades of experience. He has worked with high-profile clients, including celebrities, politicians, and business leaders. John is also a certified self-defense instructor. He has taught self-defense to thousands of people, including law enforcement officers, security guards, and civilians.

Testimonials



“How to Be Your Own Bodyguard is an essential guide to personal safety for anyone who wants to protect themselves and their loved ones.” - Robert Kiyosaki, author of Rich Dad Poor Dad”

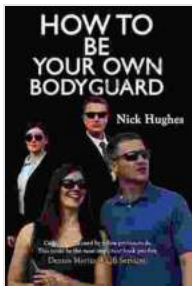


“This book is packed with practical advice and real-world examples. I highly recommend it to anyone who wants to learn how to protect themselves from danger.” - Tony Robbins, author of Unlimited Power”





“How to Be Your Own Bodyguard is a valuable resource for anyone who is concerned about their personal safety. John Smith has done an excellent job of providing practical advice and guidance on how to avoid dangerous situations and protect yourself from physical attacks.” - Larry Winget, author of It's Not Your Fault, It's My Fault”



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