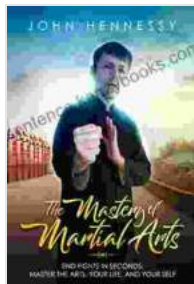


End Fights In Seconds: Master the Arts, Your Life, and Your Self



The Mastery of Martial Arts: End Fights in Seconds - Master the Arts, Your Life and Your Self by John Hennessy

★★★★★ 5 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 6524 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 336 pages |
| Lending | : Enabled |



Learn the ancient art of self-defense to protect yourself and your loved ones.

In today's world, it's more important than ever to be able to defend yourself and your loved ones. With violence on the rise, you can't afford to be caught unprepared.

That's where End Fights In Seconds comes in. This book will teach you the ancient art of self-defense, so you can protect yourself and your loved ones from harm.

You'll learn how to:

- Defend yourself against common attacks

- Use your body as a weapon
- Escape from dangerous situations
- And much more

Master the art of negotiation to resolve conflicts peacefully.

Conflict is a natural part of life. But it doesn't have to lead to violence. With the right skills, you can resolve conflicts peacefully and maintain your relationships.

End Fights In Seconds will teach you the art of negotiation, so you can:

- Resolve conflicts peacefully
- Get what you want without resorting to violence
- Build stronger relationships
- And much more

Discover the art of self-mastery to live a life of purpose and fulfillment.

Self-mastery is the key to living a life of purpose and fulfillment. When you have mastery over your mind, body, and emotions, you can achieve anything you set your mind to.

End Fights In Seconds will teach you the art of self-mastery, so you can:

- Control your thoughts and emotions
- Set and achieve your goals

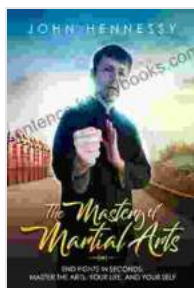
- Live a life of purpose and fulfillment
- And much more

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