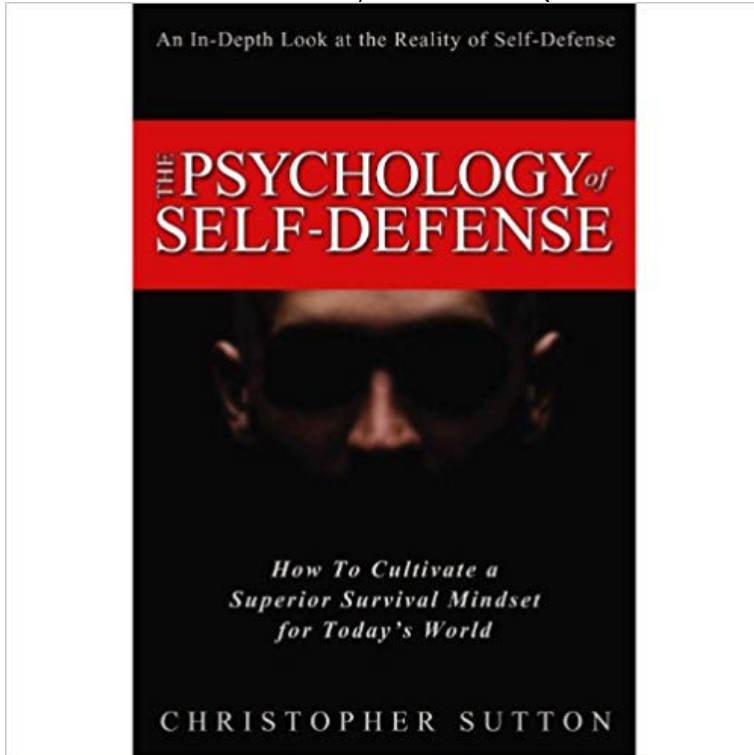


# The Psychology of Self-Defense: How to Cultivate a Superior Survival Mindset for Today's World (COBRA Defense)



Whether you are a stay-at-home mom, a police officer, or an experienced Martial Artist, this book will open your mind to a new way of thinking. Real, effective self-defense begins with a mindset. Here is your guide to developing that mindset. Learn what it takes to OVERCOME conflict, and PROTECT yourself and those you care about. In this book you will discover: what real-life self-defense actually is - and how to survive in today's world; why self-defense training should be a priority for everyone; the difference between self-defense and martial arts; and that's just the beginning! The information in this book has empowered people from all walks of life to be stronger, more confident, and safer. When self-defense is a MUST - nothing else will do. This book is written by Chris Sutton is an experienced law enforcement officer, Martial Arts school owner, and creator of the C.O.B.R.A. Self Defense System. C.O.B.R.A. is an internationally licensed Self-Defense Program founded in 2001. The Psychology of Self-Defense has been read by S.W.A.T. officers, military personnel, business owners, students, and people from every walk of life. This book is based on the author's 20-plus years of training, research and experience. It's a MUST for all!

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