

Dead Or Alive

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The updated edition of Geoff Thompson's classic guide to self-defence. This book teaches simple precautionary measures that everyone can take to make themselves less vulnerable to attack, and explains what victims should do when confronted by an assailant. Geoff Thompson interviews murderers, rapists and muggers who reveal why they target certain people. Don't risk being unprepared when a violent predator gets you in his sights. Geoff Thompson is one of the UK's most respected martial artists. He is the author of over 25 books on martial arts and self-defence. EAN/ISBN : 9781840249187
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