



Turning Fear Into Power: The FAST Defense System

Bill Kipp

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Discover how to transform fear from dreaded enemy into powerful ally. Here Bill Kipp describes how the FAST Defense system develops awareness and communication skills that can help you avoid being targeted as a victim, desensitize you to the verbal abuse and threats that attackers use to control their victims and equip you with verbal defense skills that will stop most altercations before they ever become physical. Finally, he reveals how this fast, effective scenario-based training methodology empowers you to unleash the fearsome force of adrenaline to fight for your life when all else fails.

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