

No Second Chance: A Reality-Based Guide to Self-Defense

By Mark Hatmaker

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When violence becomes unavoidable, it's best to be informed, and this self-defense book provides revolutionary information that could mean the difference between life and death in the event of a physical assault. Included are drills to increase awareness, examples for using the environment as a self-defense tool, and methods that allow victims to best use their inherent strengths to repel an attack. An interesting look at the psychology of an attack—exploring the mindset of both attacker and victim, and illuminating the dynamic between the two—this manual puts the power back into the hands of concerned citizens.

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Editorial Review

About the Author

Mark Hatmaker is the bestselling author of six books in the No Holds Barred Fighting series, including *More No Holds Barred Fighting, The Ultimate Guide to Conditioning and Boxing Mastery,* and *The Ultimate Guide to Submission Wrestling*. He lives in Knoxville, Tennessee.

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