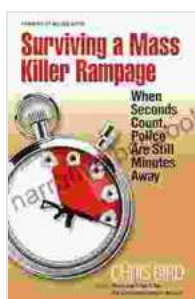


# When Seconds Count, Police Are Still Minutes Away: The Definitive Guide to Self-Defense in a Life-Threatening Situation

In a world where violence and crime are an unfortunate reality, it's more important than ever to be prepared to defend yourself and your loved ones. While calling the police is always the first step in a dangerous situation, it's essential to remember that they may not arrive in time to prevent tragedy. That's why author James Patrick has written *When Seconds Count: Police Are Still Minutes Away*, a comprehensive guide to self-defense that could save your life.

This book is not about teaching you how to fight or become a martial arts expert. Instead, it focuses on providing practical, easy-to-understand techniques that can be used by anyone, regardless of their physical strength or skill level. Patrick draws on his extensive experience as a law enforcement officer and self-defense instructor to provide insider knowledge on how to recognize and avoid dangerous situations, and how to respond effectively if you are attacked.



## Surviving a Mass Killer Rampage: When Seconds Count, Police Are Still Minutes Away by Chris Bird

★★★★☆ 4.5 out of 5

Language : English  
File size : 4534 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 433 pages  
Lending : Enabled



*When Seconds Count* covers a wide range of topics, including:

- How to assess a potential threat
- Verbal de-escalation techniques
- Physical self-defense techniques
- How to use everyday objects as weapons
- Mental preparation for a self-defense situation

Patrick also provides valuable advice on how to talk to your children about self-defense, and how to develop a personal safety plan. This book is an essential read for anyone who wants to be prepared for the worst, and it could make all the difference in a life-threatening situation.

### **What Others Are Saying About *When Seconds Count***

"*When Seconds Count* is a must-read for anyone who wants to be prepared to defend themselves and their loved ones. James Patrick provides clear, concise, and practical advice that could save your life."

#### **- Dave Grossman, author of *On Killing***

"*When Seconds Count* is the most comprehensive and up-to-date guide to self-defense on the market. Patrick's insights are invaluable, and his techniques are easy to learn and apply. This book is a must-have for anyone who wants to be safe in today's dangerous world."

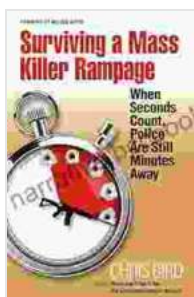
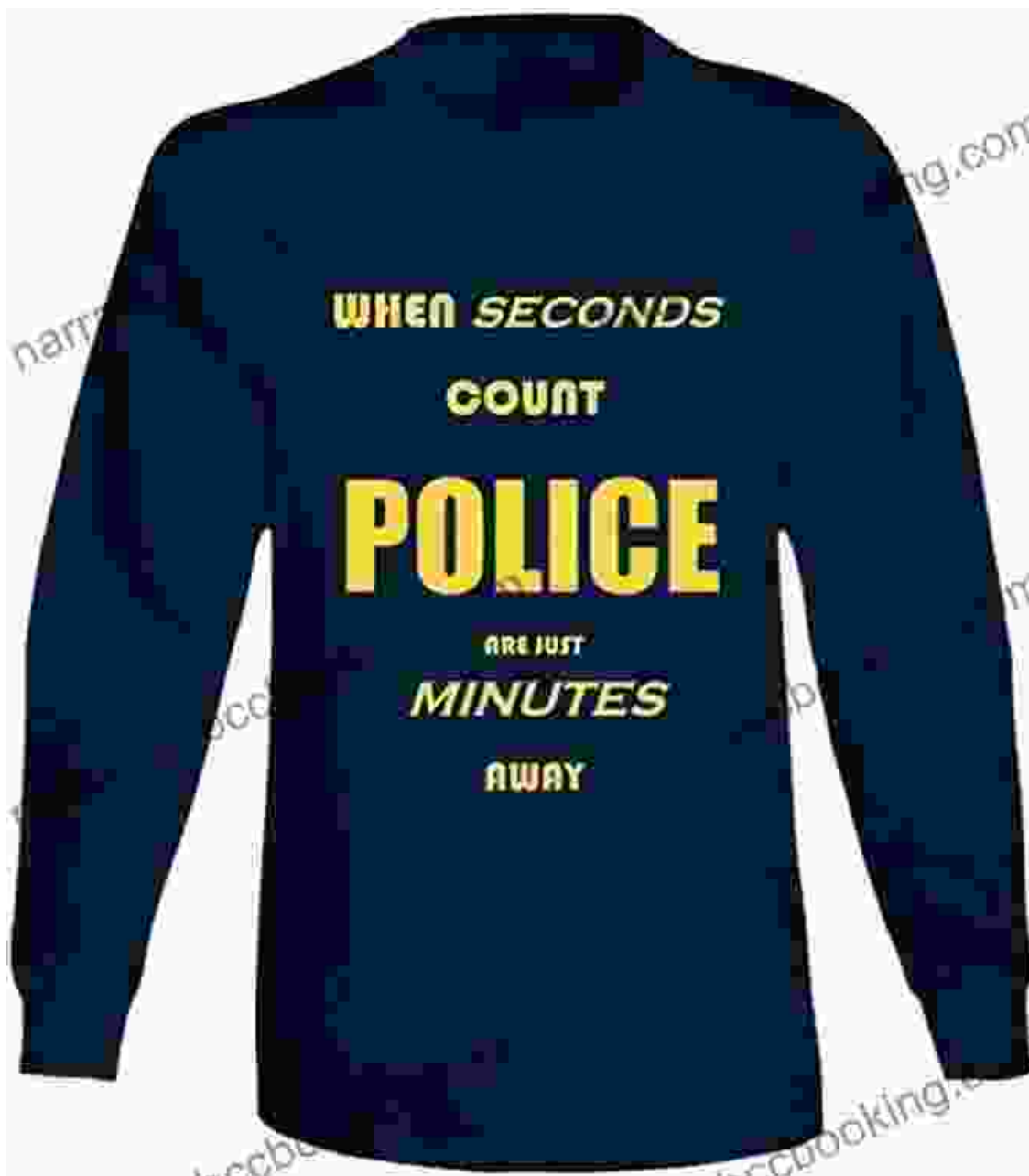
**- Massad Ayoob, author of *Deadly Force***

"*When Seconds Count* is a powerful and empowering book. Patrick provides essential knowledge and skills that could make the difference between life and death. This book is a valuable resource for anyone who wants to be prepared for anything."

**- Lisa Wade, author of *American Hookup***

**Free Download Your Copy Today**

***When Seconds Count* is available now on Our Book Library.com and at all major bookstores. Free Download your copy today and be prepared for anything.**

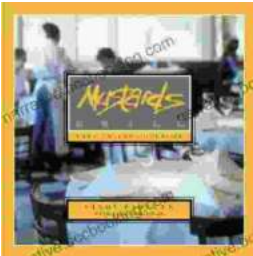


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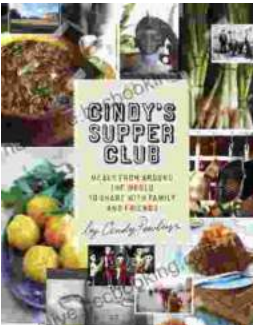
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