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# How to Win Any Fight Without Training (Alpha Male Book 1)

*Thomas DiPaolo*

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# How to Win Any Fight Without Training (Alpha Male Book 1)

*Thomas DiPaolo*

**How to Win Any Fight Without Training (Alpha Male Book 1)** Thomas DiPaolo
This book is a unique, and different approach to self defense. Most self defense books focus on complex techniques which are difficult to understand and largely ineffective. Usually these are designed for experienced fighters and seldom are the mental aspects of fighting adressed.
This book focuses on how to eliminate fear, create fear in your opponent, harness agression, and assert yourself as the alpha male. This is an easy to read 24 page guide to survival in any combat situation with any opponent, which requires, no training or practice. The techniques involved are proven, simple, effective, and deadly. This is a different kind of self deffense book, and unlike any other in approach, content, and intensity.

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