

**Self Defense Tips And Tricks: Practical Self Defense Solutions
For The Street, Home, Workplace And Travel
By Sammy Franco**

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The above mentioned tips and tricks for protecting oneself is given in a very good manner. But over here I would like to add another point to this as self defense

<http://www.thehealthsite.com/fitness/self-defence-tips-and-tricks-to-protect-yourself/>

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Sammy Franco is also the founder and creator of Contemporary Fighting Arts (CFA), a cutting-edge reality . Being a martial artist and traveling to areas where I am not allowed to conceal carry my . Self Defense Tips and Tricks: Practical Self Defense Solutions for the Street, Home, Workplace and Travel Kindle Edition .
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