



# Real World Self-Defense: A Guide to Staying Alive in Dangerous Times

*By Jerry VanCook*

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If you want practical solutions to the violence that permeates today's society, this book offers savvy advice for dealing with everything from an unwarranted attack to the often ironic legal aftermath. Van Cook covers unarmed defense, improvised weapons, edged weapons, firearms and more and offers something of value for people from all walks of life.

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#### **About the Author**

Jerry VanCook has trained thousands of police officers, military personnel and civilians in both armed and unarmed defense over the past 30 years. He spent 14 years in law enforcement with various agencies.

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