

## First Defense Anxiety And Instinct For Self Protection

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### First Defense Anxiety And Instinct

David Hopkins Jr., psychologist, martial artist, Krav Maga instructor, and co-owner of Israeli School Security, has taken in hand the task of combining psychotherapy, psychology and personal protection in his easy-to-read 177 page paperback, "First Defense: Anxiety and Instinct for Self-Protection".

### First Defense: Anxiety and Instinct for Self Protection ...

Perhaps the most compelling quality of First Defense is the book's focus on the psychological aspects of self-defense. Rather than concentrate on specific techniques of martial arts and hand-to-hand combat, which might be expected, the book concentrates on "learning to be present, to feel anxiety, and to think and act in different circumstances."

### First Defense: Anxiety and Instinct for Self Protection by ...

Learning how to use anxiety as a personal weapon for self-defense is the best way you can achieve awareness and avoidance, which are the first two steps learned in self-defense preparedness training. Everyone is born with an instinctual survival mechanism.

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Anxiety happens whether you like it or not. It's your body's way of telling you "something is wrong here." Learning how to use anxiety as a personal weapons for self-defense is the best way you can achieve awareness and avoidance, which are the first two steps learned in self-defense preparedness training.

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