



Defensive Living: Preserving Your Personal Safety through Awareness, Attitude and Armed Action

Ed Lovette, Dave Spaulding

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Imagine a defensive training guide that has the informational firepower to keep cops safe presented in a way that's practical for your family to use to protect themselves, too. Filled with 50+ yrs of hard-earned, expert-level LE & military training experience, this treasure chest of self-help techniques. Learn pre-attack signals:

- home protection vs. home defense
- nine ways to ensure self-protection readiness
- the life-changing "X's & O's Awareness Test."

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