



Get Out of Your Seat

By Paul Leslie

Xlibris Corporation. Paperback. Condition: New. 112 pages. Dimensions: 8.8in. x 5.9in. x 0.5in. Get Out of Your Seat!: An Average Passenger's Guide to Overcoming Airline Terror is the first book written about the physical and psychological aspects of airline safety for the everyday traveler. In this book you will learn easy and natural ways to defend yourself and confront any fear or apprehension you may have in dealing with the unseen dangers of air travel. This book is as real as it gets! I highly recommend this to anyone who travels. Paul Vunak, President of Progressive Fighting Systems, former hand to hand trainer of U. S. Navy SEAL Team Six I would recommend this book to anyone who uses public transportation (airplane, train, bus or subway). You do not need to be a martial arts expert or a large, strong male. Anyone can do the things in this book to save his or her life or the lives of others in a terrorist or violent situation. Read the book, practice the skills it teaches you and have a long happy life! Dick Severance, Budo Taijutsu Master Instructor and former Navy UDT This item ships from multiple locations. Your book may...



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