



DOWNLOAD



## The Urban Survival Handbook

By Harry Cook, Bill Mattos, Bob Morrison

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Urban Survival Handbook, Harry Cook, Bill Mattos, Bob Morrison, This book helps you learn what to do in an accident, assault or terror attack. It is the essential illustrated guide to dealing with emergencies at home, at work and on the city streets. It teaches vital moves to protect yourself from attack, including disarming attackers, tackling a burglar and preventing an assault. You can learn what to do in extreme situations: in war zones, under chemical attack, in a flood, in a fire, in a bomb situation, if kidnapped, or if your vehicle is hijacked. Most crime is concentrated in inner city areas, and this practical handbook explains how to deal with many emergencies, from break-ins, fires, accidents and floods, through to hostage situations, bombs and kidnappings. Defensive moves are clearly illustrated and explained. Scenarios include being attacked by a drunk, attacks on women, and attacks with weapons. The book shows step-by-step how to dispatch a bag thief, handle a burglary at home, deal with a gas leak or survive an air emergency. It allows readers to anticipate possible dangers, to know the best course of action to take in each...



READ ONLINE

[ 7.78 MB ]

### Reviews

*A brand new eBook with a brand new standpoint. It can be rally fascinating throgh reading through time. I am happy to let you know that this is the greatest ebook i have go through within my very own daily life and can be he best book for at any time.*

-- **Leanne Cremin**

*This is an incredible book that I have ever read through. It can be rally exciting throgh reading through time period. I discovered this publication from my i and dad recommended this pdf to find out.*

-- **Friedrich Lynch DDS**