

The cell walls seem to close in as he buries his head in his hands. The same thoughts repeat over and over in his fogged mind: It all happened so quick. One second I was getting out of my car, the next he was attacking me. Now Im being charged with manslaughter! How did this happen? It was self defense . . . wasn't it? Prison is filled with people who thought they were defending themselves. Just saying, It was self defense isnt enough. When you claim self defense you are basically confessing to a crime. To keep you from being convicted you must provide evidence your actions remained within certain boundaries and you acted with just cause. Thats assuming you stayed inside legal boundaries and acted within reason. If you didnt . . . Now . . . are you sure you know what constitutes actual self defense? If the honest answer is no, then this book is an absolute must-read! In the Name of Self Defense: What It Costs. When It's Worth It. will challenge what you think you know about self defense. Its an in-depth exploration of what is and what is not self-defense. Both in the streets and in the eyes of our judicial system—and where most people go wrong. Using the information contained in this book could mean the difference between you laying in a parking lot, legitimate self-defense or prison! This book presents information unlike any youve seen before, focusing not only on the aftermath of an incident, but on what commonly leads to violence and your actions before, during, and after. Learn about the limitations of real self defense, how to accurately assess a situation and concisely “articulate” the timeline of events to officers and legal professionals in a manner that reduces the chances of a misunderstanding . . . and a subsequent prison sentence.

Whether you want to add to the knowledge you acquired as a beginner in a self-defense class or you're an instructor looking to further your own knowledge or a professional whose job requirements place you in potentially violent situations with dissatisfied clients or customers . . . it doesn't matter! In the Name of Self Defense is a must-read for everybody! If youre lucky, you will never need the information contained within these pages, but if you ever require it what you learn from this volume will be vital. Author and self-defense expert Marc MacYoung takes you on an entertaining journey through these lesser known (and some never-before-broached) aspects of self defense. MacYoung helps readers understand how to avoid violence, how to use the appropriate amount of force if it happens, and how to present the facts in a way that self defense is clearly understood and judged applicable to that situation. With a witty sense of humor and fifty years experience in a plethora of violent encounters coupled with a montage of experts in his corner, MacYoung delivers a thought-provoking examination of the world of self defense and protecting yourself legally after being forced to protect yourself physically.

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