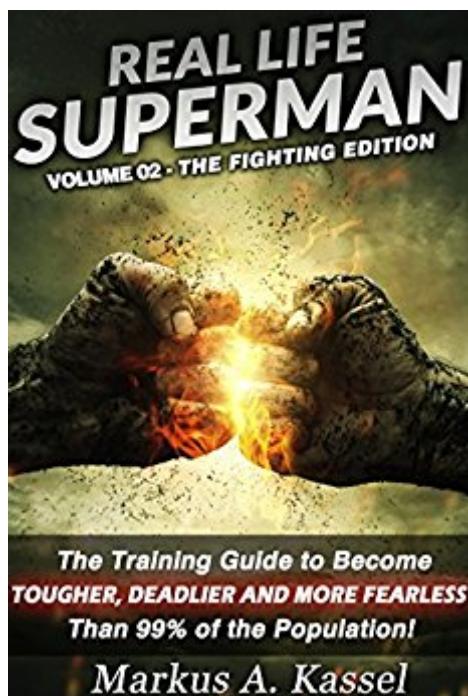


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Real Life Superman: The Training Guide To Become Tougher, Deadlier And More Fearless Than 99% Of The Population: Volume 02: The Fighting Edition



Synopsis

Discover the Secrets to Make You TOUGHER, DEADLIER and more FEARLESS than 99% of the Population, with Volume 02 of the "Real Life Superman" Series! In the world of today, learning to fight has become a vital necessity. You never know when your life or that of your loved ones might be on the line. So, you need to get prepared. Unfortunately, most of the clubs which are supposed to assume that role have absolutely no clue! They're no better at teaching self-defense than Zumba classes, with their useless techniques that bear no relation to how fights really happen in the street! Practicing martial arts might give you a false sense of comfort. You may think you're safe as you know all about scrapping, right? But you're not! You're just wasting your time and drilling dangerous moves that might very well send you to your early grave! To make matters worse, regular martial arts never take the time to teach you how to deal with the fear of a confrontation. As a result, when you finally get into a heated argument, you end up losing it - despite your years of training! You end up like a little child who's about to get his butt spanked! You need to read this book if you want to learn how to handle any adversary quickly and effectively. You need to read this book if you want to tame your fears and not let them control you. No matter your background, this book will take you by the hand and show you how to train to become as dangerous with your fists as if you had bricks attached to them! Stop Wasting Your Time "Learn How to REALLY Train to Turn Into a Killing Machine!" "Real Life Superman" Volume 02 will teach you the fastest way to developing a quick, powerful and indestructible body in less than 100 days. Guaranteed! It will reveal a step-by-step plan where each step builds upon the previous one so as to leave NO STONES UNTURNED. While it's nice to know a few moves to show off in front of your friends, to overcome any opponent you will need to cover all bases. That's what this program will take care of, by showing you: Which strikes to favor and which to leave out; The most effective exercises for building incredible hitting speed and power; How to strengthen your body to take any hit and smile about it; The best tricks to tame the fear and get the upper hand; How to react when facing multiple adversaries and other life threatening situations. Just imagine how confident you'll become once you can hold your own against anyone. There will never be any more bullying, teasing or blackmailing in your life. Any guy who asks for trouble will get what he wished for! The only thing that still stands between you and this reality is one last step... Show the World What You're Made of! If you're serious about becoming tougher, deadlier and more fearless than any other guy you know, don't waste another minute. Your new life is only one click away. Scroll up and click the "Buy" button, and get started on the incredible journey that will make a real life Superman out of you!

Book Information

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Customer Reviews

Fun and yet quite thought provoking.

good stuff

Good Info

OK

I am a big fan of martial arts, protection and combat books - I must say that Real Life Superman is amongst the best that I come across. I'm not too familiar with the author - so I was a bit hesitant. But from the cover to the intro, it just grabbed me and pulled me in. I mean, you need to do more than read a book to get a real grasp of fighting - but, I really believe that with this book, you can get pretty darn close. What I like about this book is that it's filled with more than just strikes, punches, stances,

attacks and the like - it's a book about life. It's a book that can be applied practically. My favourite sections are the ones that talk about using the environment to one's advantage - or as the author calls it - "Environmental Training." What's also good for me was the information on the Psychology of Fighting - something that is usually missing in most books of this nature. Great job by Markus A. Kassel! Nice job!

All the books by this author in this series end up being an advertisement for Crossfit

I've read numerous books on self defense and personal protection, including some classics by Ernest Emerson and Rory Miller. *Real Life Superman* is one of the most balanced and complete works in this genre. Markus Kassel presents a comprehensive approach to training the mind as well as the body, making this book an excellent value. While I don't believe a person can learn to fight just by reading a book, Markus provides a step by step approach, starting with a detailed examination of proper stance, and progressing through a series of punching, kicking and defensive techniques that are all substance and no flash. Couple this training program with some willing sparring partners, and you will meet with good success. He also gives practical advice on how to improve speed, reflexes and foot work, while training your body to be as hard as iron. Finally, he details the mental aspects of combat (and the physical manifestations that arise as a result) in a comprehensible manner that will help you train your mind to do whatever it takes to win. The 100 day training program alone is worth the price of this book, but it contains so much more. Beginners and experts alike will learn from this book and it is a wonderful investment in your personal development.

The book is a well structured, no BS, effective and straight forward. As always is in the discipline of the user to apply and stick to the plan.

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