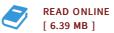




Self-Defence (Hardback)

By Gary Freeman, Jonathan Bentman

Bloomsbury Publishing PLC, United Kingdom, 2011. Hardback. Condition: New. UK ed.. Language: English . Brand New Book. Amaze your friends (and annoy your enemies) with your expert knowledge of a massive range of subjects! Instant Expert takes the hottest topics for ages 12+ and turns readers from novices into knowledge-gurus. Jam-packed with information, each book offers practical, hands-on advice from insiders - people who know the subject best. Want to know how to stop your bike s brakes squealing? The best compound wheels to use for ramp skating? Or how to defend yourself if you are attacked? Instant Expert guides will show you how. Illustrated with a combination of high-impact images and step-by-step photos, these books are designed as a resource that readers will be able to return to again and again, as well as being useful for a single hit of knowledge. Exciting online video links are also provided to carefully demonstrate techniques, enabling readers to watch an expert and see how it s done.



Reviews

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