



The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart

David V Hansford

[Download now](#)

[Click here](#) if your download doesn't start automatically

The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart

David V Hansford

The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart David V Hansford

P.A.T.H. is an acronym for Parasympathetic Attacks to the Heart. The thesis of this book is that in a genuine self-defense situation, where life or limb is on the line, the most appropriate defensive response is to counter with an attack to the heart of the aggressor. This means affecting an autonomic response to the heart which culminates in a vasovagal faint, a state of temporary unconsciousness, but with the possibility of a more severe response. Although any attack to the body has implications for the heart, the reference here is to a specific, directed attack to the heart which causes unconsciousness. The easiest way to accomplish this is to affect a parasympathetic heart response. The defensive response needs to affect a subconscious reflex causing a systemic shutdown over which the aggressor has no control. It takes less than a second to affect a parasympathetic response putting the attacker into an unconscious state. This book details the anatomy, physiology and physics relevant to this approach. Also, the book discusses sympathetic autonomic responses, which also have the ability to cause a vasovagal faint, but require more effort and energy with the effect not being as rapid. In the last section of this book are examples of the premise of the P.A.T.H. Approach escalated by looking at five specific defensive responses that have the capability to not only affect a vasovagal faint, but are dangerous enough to easily become lethal.

 [Download The P.A.T.H. Approach to Effective Self Defense: P ...pdf](#)

 [Read Online The P.A.T.H. Approach to Effective Self Defense: ...pdf](#)

Download and Read Free Online The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart David V Hansford

From reader reviews:

Larry Hudgens:

The book The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart can give more knowledge and information about everything you want. Why then must we leave a very important thing like a book The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart? A few of you have a different opinion about publication. But one aim that will book can give many info for us. It is absolutely right. Right now, try to closer with your book. Knowledge or info that you take for that, it is possible to give for each other; you can share all of these. Book The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart has simple shape nevertheless, you know: it has great and massive function for you. You can appear the enormous world by open up and read a guide. So it is very wonderful.

Ann Potter:

A lot of people always spent their own free time to vacation or even go to the outside with them family members or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. In order to try to find a new activity this is look different you can read a new book. It is really fun for you. If you enjoy the book that you read you can spent all day long to reading a e-book. The book The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart it is extremely good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. When you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore easily to read this book from the smart phone. The price is not very costly but this book provides high quality.

Sandra Castillo:

Is it you who having spare time then spend it whole day by watching television programs or just laying on the bed? Do you need something totally new? This The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart can be the answer, oh how comes? The new book you know. You are thus out of date, spending your extra time by reading in this completely new era is common not a geek activity. So what these ebooks have than the others?

Darlene Kidd:

You may get this The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by look at the bookstore or Mall. Just viewing or reviewing it can to be your solve challenge if you get difficulties on your knowledge. Kinds of this book are various. Not only through written or printed and also can you enjoy this book simply by e-book. In the modern era similar to now, you just looking from your mobile phone and searching what your problem. Right now, choose your current ways to get more information about your guide. It is most important to arrange you to ultimately make your knowledge are

still change. Let's try to choose appropriate ways for you.

**Download and Read Online The P.A.T.H. Approach to Effective
Self Defense: Parasympathetic Attacks to the Heart David V
Hansford #O9MKFZQVUAX**

Read The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by David V Hansford for online ebook

The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by David V Hansford Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by David V Hansford books to read online.

Online The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by David V Hansford ebook PDF download

**The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by David V
Hansford Doc**

The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by David V Hansford Mobipocket

The P.A.T.H. Approach to Effective Self Defense: Parasympathetic Attacks to the Heart by David V Hansford EPub