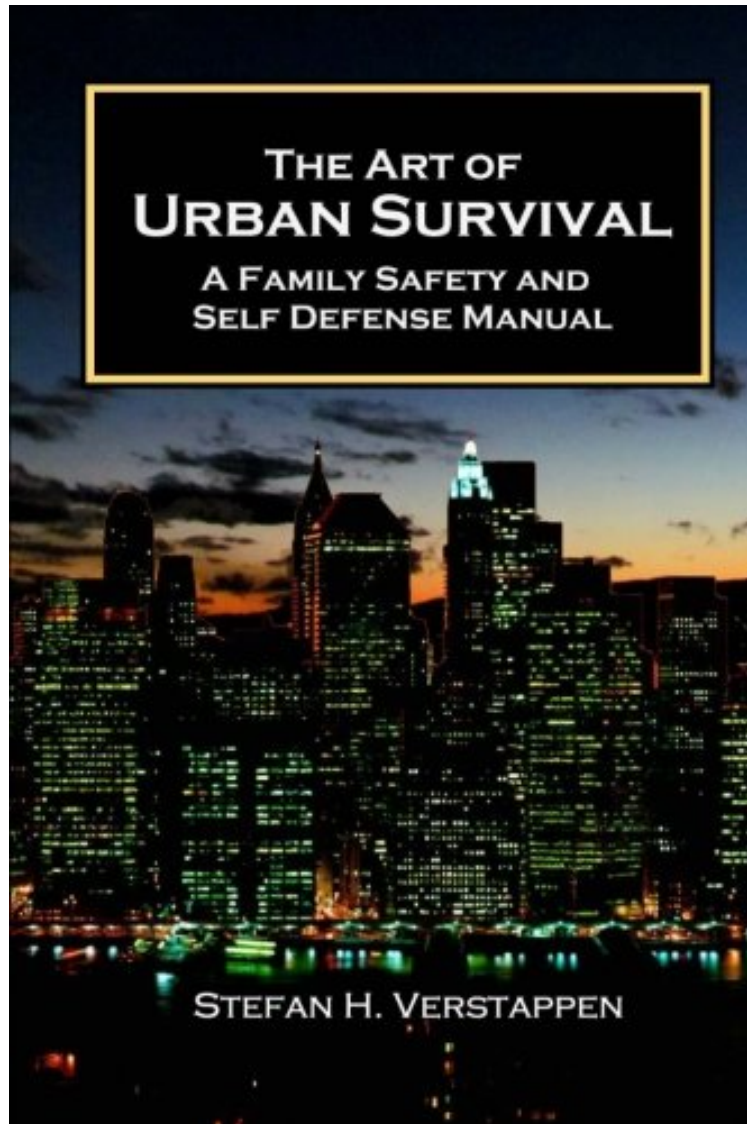


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# The Art of Urban Survival: A Family Safety and Self Defense Manual

*Mr Stefan H. Verstappen*

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The complete guide to survival in the concrete jungle. The modern urban environment is rife with dangers. Crime, violence, natural disasters, wars, and terrorism are real life possibilities for which few people are prepared. The Art of Urban Survival offers readers simple, safe, and practical advice on how to prepare for, and react to dozens of life threatening situations. The author draws from psychology, sociology and anthropology to provide a deeper understanding of the laws of the urban jungle. In addition, elements of military strategy, eastern martial arts, and wilderness survival techniques are included to provide information on the full spectrum of urban survival skills.

About the Author Stefan H. Verstappen is a Canadian writer, adventurer, and martial artist. He has worked as a wilderness survival instructor for Outward Bound programs, a street youth councilor, a First Aid and CPR instructor for St John Ambulance, and a martial arts instructor. Since first backpacking through Europe alone at age sixteen he has also traveled the world and spent four years living in the Orient. For more information on the author visit: [www.chinastrategies.com](http://www.chinastrategies.com)