

\$12.95
(\$14.50 in Canada)

Your World Is As Safe As You Make It...

Danielle is a mother who fears how dangerous the world has become. She wants safety and comfort without being forced to stay at home. So does her daughter, Jessie. They find a self-defense expert, Sam, who offers them lessons – not in martial arts, rather lessons in *Tiptoeing to Tranquility*.

Tiptoeing to Tranquility is the parable about learning to expand comfort zones in your city ... or any place you visit. Discover principles to be safe wherever you live, work, go to school, and travel.

These are dangerous times, and anyone can lead a safer and more secure life. This is the story that will show you how.

Don't be a victim:

- Read the parable
- Apply the principles
- Be more tranquil and free from fear

Imagine taking control and applying these easy strategies, while you read *Tiptoeing to Tranquility*.

Keith Pascal is the author of six martial arts books, including *Wrist Locks: From Protecting Yourself to Becoming an Expert* and *Coin Snatching: The Reputation Builder*.

Pascal also writes and edits *Martial Arts Mastery*, one of the longest-running martial-arts ezines on the Internet. Kerwin Benson Publishing sends this newsletter weekly to thousands of subscribers around the world. For more information, go to www.KerwinBenson.com



Pascal
Tiptoeing to Tranquility

Tiptoeing to Tranquility

Volume One



The Parable for Finding Safety
and Comfort in Dangerous Times

by Keith Pascal