



# **The Action Hero's Handbook: How to Catch a Great White Shark, Perform the Vulcan Nerve Pinch, and Dozens of Other TV and Movie Skills**

*David Borgenicht, Joe Borgenicht*

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The Ultimate Guide to Keeping Up with the Indiana Joneses

For everyone who's ever wanted to be as smooth as James Bond, as clever as Captain Kirk, or as tough as Charlie's Angels, *The Action Hero's Handbook* is the ultimate guide to the essential skills every action hero needs to survive and thrive in this dangerous but exciting world.

This book features dozens of *real-life* action hero techniques, directly from experts in the subjects at hand: FBI agents, sexologists, stuntmen, hypnotists, karate masters, criminologists, detectives, and many others. Learn how to:

- Catch a great white shark
- Deliver the Vulcan Nerve Pinch
- Spyproof your hotel room
- Win a fight when outnumbered
- Climb down Mount Rushmore National Monument

And dozens of other Good Guy Skills, Paranormal Skills, Fighting Skills, and Escape Skills. With meticulously researched step-by-step instructions and easy-to-follow illustrations, *The Action Hero's Handbook* will get you ready for anything. Good luck—we're all counting on you.

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