**Alexander Lanshe Bio**

**BIO IS TO BE READ AS WRITTEN**

Alexander Lanshe, The Warrior Millennial, grew up in Akron, OH with his parents and 6 younger siblings. He graduated Magna cum laude from the University of Akron with degrees in Exercise Science and Philosophy. His warrior journey started in martial arts when he was 5 years old after his parents enrolled him in Karate lessons.

For over 20 years, Alex has trained with and been mentored by some of the most influential protectors and warriors in the country, including members of the US Army Rangers & the US Secret Service. He is a 4th degree Black Belt in Martial Arts, and has been teaching and training people just like you in self-protection for over a decade.

In 2014 he started his own company, Alexander Lanshe LLC, where he integrates his specialized knowledge of bio-mechanics, and philosophy to deliver holistic personal protection seminars which empower you to discover and see solutions to violence that you never saw before.

He is the Amazon-Published author of *Warrior Attitude: 21 Ways to Think and Act Like a Warrior that Will Transform Your Outlook on Life*, and *Anatomy* *of a Warrior: The 7 Virtues all Warriors Must Live by to Successfully Protect and Serve;* Foreword by Lt. Col. Dave Grossman and Afterword by Gavin de Becker.

*Anatomy of a Warrior*, which is based on two and a half years of research gathered from 120 interviews, has received universal praise from readers, with his writing style even being compared to Ernst Hemingway. The book has received high praise from men and women from all walks of life, including the military, police, everyday citizens, acclaimed authors, second amendment advocates, and pro-self-protection activists.

He is a national speaker, founder of www.AlexLanshe.com, host of *The Anatomy of a Warrior Show* Podcast, prefers dogs over cats, loves to play sand volleyball with his family, and is an avid reader of J.R.R. Tolkien - PLEASE WELCOME ALEXANDER LANSHE!