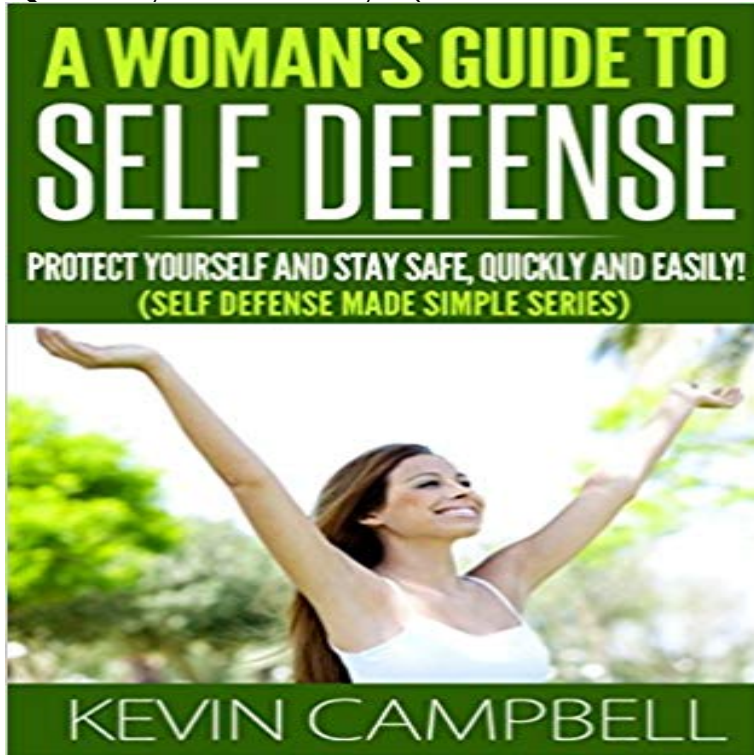


## A Womans Guide To Self Defense - Protect Yourself and Stay Safe, Quickly and Easily! (Self Defense Made Simple Series)



A Womans Guide To Self Defense - Protect Yourself and Stay Safe, Quickly and Easily! is for anyone who wants to find out more about staying safe and looking after themselves. Somewhere on the planet, three women are being abused every second, and year after year crimes against women are increasing, whether in the home or on the street. A shocking quarter of all women suffer some form of abuse during their life. We wrote this book to help women fight back and provide a simple, step by step guide to not just protecting yourself but also to minimizing risk of attack and reducing the chances of confrontation. When you read this book you will get practical and effective advice and tips that will help you defend yourself and stay safe. In A Womans Guide To Self Defense - Protect Yourself and Stay Safe, Quickly and Easily! you will discover:

- What To Look Out For - become aware of the risks to you and how you can take steps to minimize them.
- Inside The Criminals Mind - understand the thought processes of a criminal which can help you avoid danger in the first place.
- What Is Self Defense - understand what self defense is and why you need it to stay safe.
- Domestic Violence - learn more about this form of violence and how to take steps to reduce the risk and what to do if there is an attack against you.
- Rape Self-Defense - the worst kind of violence and you will get practical and effective techniques for getting out of trouble should the worst happen.
- Car Jacking - a shockingly common crime and youll get practical tips for what to do should this happen or better still, how to avoid it in the first place
- Purse Snatching - another common crime and you will learn what to do should this happen to you.
- Home Invasions - find out what to do if someone invades your home and how to stay safe.
- Self Defense Through Awareness - a realistic approach to self defense that can help you defuse and

avoid dangerous situations. - Self Defense Tools - what you can and cannot use to defend yourself and how best to use them when you need to. - Combat Training - effective techniques to fight back if you need to. Self defense is an unfortunate necessity in todays society and learning to avoid and defuse potentially dangerous situations is a vital skill, as is fighting back when you need to. There are a lot of benefits to you in learning how to defend yourself and be aware of the dangers surrounding you, and this book will help you do just this. Enjoy learning about self defense as A Womans Guide To Self Defense - Protect Yourself and Stay Safe, Quickly and Easily! explains how to stay safe and avoid danger. Discover today how learning to defend yourself can benefit you! Simply click the link above to get started today.

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