Fight Like a Girl...and Win: Defense Decisions for Women, 2007, 285 pages, Lori Hartman Gervasi, 0312357729, 9780312357726, St. Martin's Press, 2007

ItaB™s an unfortunate reality that women are susceptible to random acts of aggression, from sexual harassment and stalking to physical assaults, domestic violence, date rape and worse. B But women can learn how to protect and defend themselves BB"with this groundbreaking guidebook. B Let martial arts black belt and accomplished journalist Lori Hartman Gervasi walk you through easyto-follow, everyday steps for taking charge of your personal safety, training your reflexes, and BT'if and when the time comesBT'using force.B Her program consists of 26 potentially life-saving decisions that every woman must make, including: B DECIDE TO BELIEVE IN YOUR FIGHT вЪ" Battles are waged from the inside out.B Your conscience, intelligence, and guts must be committed to the cause.B You and those you love are the things worth fighting for.B DECIDE TO DEVISE A STRATEGY BT" Create a one-way ticket out of every imaginable circumstance, from backdoor escape routes to getaways in public places. В Think вЪњwhat-ifвЪ!?вЪќ, plan for the unexpected, and be ready for anything! B DECIDE TO RECOGNIZE THE THREAT OF THE INITIAL ATTACK въ" When practicing awareness, you can detect danger before it happens.В The bad guy will take steps to get close to you. B Watch carefully and identify these for what they are BT'the preludes to an attack.B DECIDE TO MOVE B™ If an attacker strikes, donB™t freezeB™get moving!B Break through your fear with instant mobility.B You have limitless options and any movement works as long as it leads to your safety. В DECIDE TO ACT ON YOUR INSTINCTS вЪ" Your intuition is your guide, but you must respond physically in order to be successful.B When something isnB™t right, take action, change plans, redirect yourself, and control your destiny! …along with Defense Do's And Don'ts, inspiring "Power Points," and tactics that can help you to be prepared, stay GIRL_BT¦AND WIN

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Below the Belt Unarmed Combat for Women, Bradley J. Steiner, 1976, Self-defense for women, 168 pages. .

Fear into anger a manual of self-defense for women, Py Bateman, 1978, Sports & Recreation, 123 pages. A traditional well-rounded program of karate especially designed for women presents simple and direct techniques for warding off attacks and defending against such form of.

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Towneast Revenge, Brenda Dial, Oct 6, 2011, Fiction, . .

The Good Men Project Real Stories from the Front Lines of Modern Manhood, James Houghton, Larry Bean, Tom Matlack, Jun 1, 2010, Social Science, 251 pages. The Good Men Project: Real Stories from the Front Lines of Modern Manhood is more than a book; it is the centerpeice of a national discussion about what manhood means today.

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A manual for woman's self-defense, Michael G. V. Pickering, 1983, Health & Fitness, 146 pages. Provides guidance for women on the use of techniques such as blocks, kicks, and strikes to repell an attacker.

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