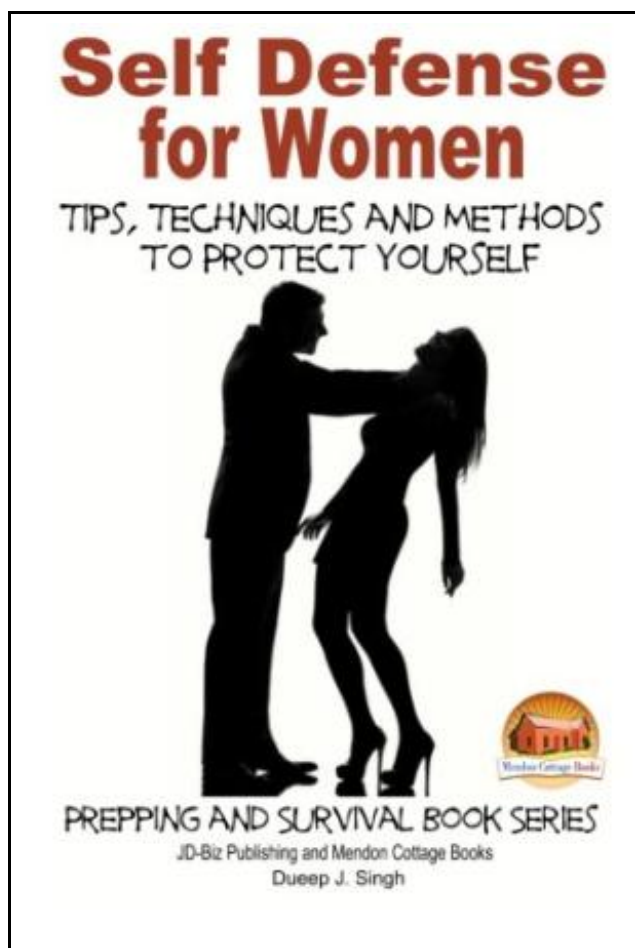


## Self Defense for Women - Tips, Techniques and Methods to Protect Yourself



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Self Defense for Women - Tips, Techniques and Methods to Protect Yourself Table of Contents Introduction Mental Attitude Towards Violence How to Stop from Panicking? Facing Your Attacker Rules to Protect Yourself Going Out to a Party? When You Are Walking What If You Are Being Followed? Traveling on Your Own Traveling in Your Car Relationships Going Wrong No Means No To drink Or Not to Drink; That Is the Question Learning How to Fight Back How to Protect Yourself Against Grabs Conclusion Author Bio Bonus Content Introduction Chapter 1 Does a Woman Need a Gun for Self-defense? Chapter 2 What type of gun is for me? Chapter 3 How to get started Chapter 4 The Cardinal Rules of Gun Safety Chapter 5 Parts of a Gun Chapter 6 Learning to Fire your Gun Chapter 7 Practical Shooting - the sport Chapter 8 When you are under attack Chapter 9 Additional Safety Precautions Conclusion Author Bio Publisher Introduction Did you know that since the beginning of time, women and children have always been the focus of violence, especially brutality at the hands of their fellow beings? The cases of crimes against women and children have been a part of social life for centuries, and that is why self-defense against such incidents have also been a part of training and upbringing in many parts of the world down the ages. Different items for self-defense have been used down the centuries, by different peoples, and also training to protect oneself from harm has also been the way of life. However, such warrior training was stopped in the 19th and 20th century in many parts of the West, because people were...

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