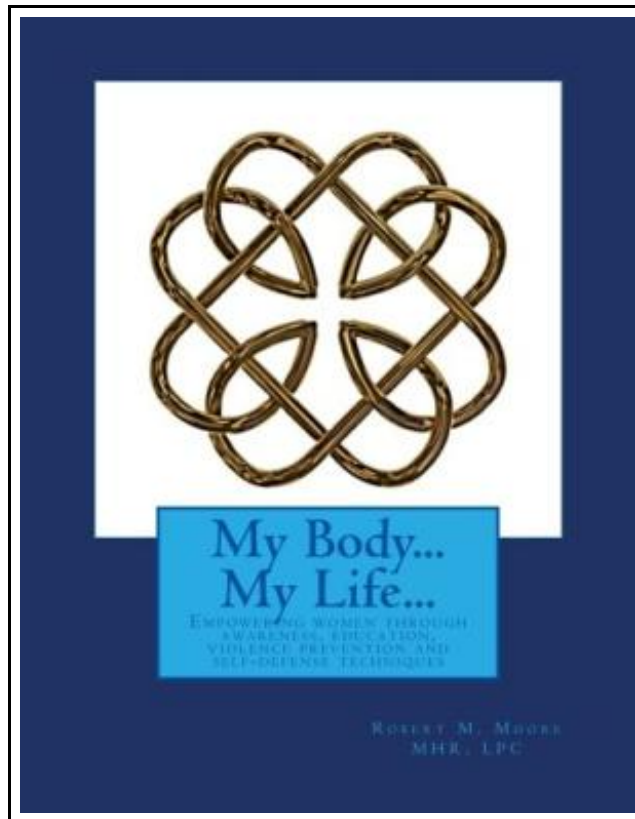


## My Body.My Life.: Empowering Women Through Awareness, Education, Violence Prevention and Self-Defense Techniques



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*This publication is really gripping and fascinating. It is among the most amazing ebook i have study. I am just quickly could possibly get a satisfaction of looking at a written ebook.*  
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## **MY BODY.MY LIFE.: EMPOWERING WOMEN THROUGH AWARENESS, EDUCATION, VIOLENCE PREVENTION AND SELF-DEFENSE TECHNIQUES**



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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.My Body.My Life. is a women s empowerment program. The My Body.My Life. book is the training manual used to teach both instructors and participants, ages 13 to 93, to empower women and help protect their body and their life. My Body.My Life. is both fun and educational. We use personal stories, humor, practice and experience to help women develop self-esteem, boundary setting, build skills to recognize unsafe relationships, unsafe situations and provide the tools to protect your body and your life. We do this training in a variety of venues, ranging from school classrooms to public auditoriums. The author and developers of this program have over sixty years of combined experience in public speaking, through a variety of educational and professional venues, as well as through presenting this program in its many forms to schools, universities, professional organizations, civic organizations, businesses and government entities. The School Safety Advocacy Council (SSAC) has recognized the My Body.My Life. program with a prestigious National 2013 School Safety Award. The program has also received the Oklahoma Governor s Commendation, the Oklahoma House of Representatives Citation and the 2013 Human Rights Award for their work combating violence against men and women in the schools and in the community. My Body.My Life. is an evidence based program that displays promising practice in prevention of violence against women ages 13 to 93. My Body.My Life. uses a multi-disciplinary approach to create a stronger awareness in your life, address violence in its many forms and empower you to remove yourself from harm. The full program addresses awareness, empowerment, relationships, self-esteem, abuse, alcohol, drugs, internet and texting, as well as physical self-defense techniques. My Body.My Life....



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