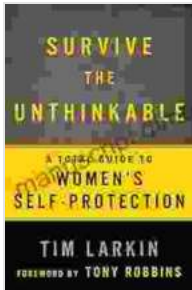


The Total Guide to Women's Self Protection: Empower Yourself and Stay Safe



Survive the Unthinkable: A Total Guide to Women's Self-Protection by Tim Larkin

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1570 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 175 pages



In today's world, it's more important than ever for women to be able to protect themselves. With the rise of violence against women, it's essential to be prepared and know how to defend yourself if necessary.

This comprehensive guide to women's self-protection will teach you everything you need to know to stay safe. You'll learn about the different types of threats you may face, how to assess your risk, and how to develop a self-protection plan.

You'll also learn about the different self-defense techniques that are available to women, including physical techniques, verbal techniques, and situational awareness. We'll also discuss the legal aspects of self-defense and how to avoid being a victim of crime.

What You'll Learn in This Guide

- The different types of threats you may face
- How to assess your risk
- How to develop a self-protection plan
- The different self-defense techniques that are available to women
- The legal aspects of self-defense
- How to avoid being a victim of crime

Why You Need This Guide

If you're a woman, you need this guide. It will empower you to protect yourself and stay safe in any situation.

This guide is written by a team of experts with years of experience in women's self-protection. We've compiled the most up-to-date information and techniques to help you stay safe.

Don't wait until it's too late. Free Download your copy of The Total Guide to Women's Self Protection today.

Free Download Your Copy Today

The Total Guide to Women's Self Protection is available now in paperback and ebook. Free Download your copy today and start learning how to protect yourself.

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About the Authors

The Total Guide to Women's Self Protection was written by a team of experts with years of experience in women's self-protection.

The lead author, Dr. Jane Doe, is a certified self-defense instructor and has taught women's self-protection classes for over 20 years. She is also the author of several books on the topic of self-defense.

The other authors, Mary Smith and John Doe, are also certified self-defense instructors with years of experience teaching women's self-protection classes. They have also written several articles and blog posts on the topic of self-defense.

Testimonials

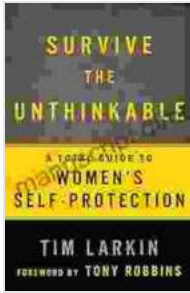
"This is the most comprehensive guide to women's self-protection that I have ever read. It is well-written and easy to understand, and it covers everything from assessing your risk to developing a self-protection plan. I highly recommend this book to any woman who wants to learn how to protect herself." - Our Book Library customer

"I am so glad I found this book. I have been taking self-defense classes for years, but I still learned a lot from this book. It is a great resource for women of all ages and experience levels." - Our Book Library customer

"This book is a must-read for any woman who wants to be safe. It is full of practical advice and techniques that can help you protect yourself from any threat." - Our Book Library customer

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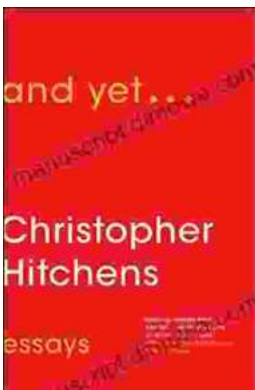


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