



Self Defense for Women - Tips, Techniques and Methods to Protect Yourself (Paperback)

By Dueep J Singh, John Davidson

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...



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Reviews

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