

Hands Off Self Defense for Women: Empowering Women to Protect Themselves

In today's world, women face a constant threat of violence. From catcalling to sexual assault, women are often targeted simply because they are female. This can be a terrifying reality, but it doesn't have to be. With the right training, women can learn to defend themselves against attackers and take back control of their lives.

Hands Off Self Defense for Women is a comprehensive guide to self-defense for women. Written by a team of experienced self-defense instructors, this book provides step-by-step instructions on a variety of self-defense techniques. These techniques are designed to be effective against attackers of all sizes and strengths, and they can be used by women of all ages and abilities.



HANDS OFF! SELF-DEFENCE FOR WOMEN by WE Fairbairn

★★★★☆ 4.5 out of 5

Language : English

File size : 25446 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 61 pages

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In addition to providing self-defense techniques, Hands Off Self Defense for Women also covers important topics such as situational awareness, risk

assessment, and the legal aspects of self-defense. This book is an essential resource for any woman who wants to learn how to protect herself from violence.

Here are just a few of the things you'll learn in Hands Off Self Defense for Women:

- How to identify potential threats
- How to avoid dangerous situations
- How to de-escalate conflict
- How to use your body as a weapon
- How to get away from an attacker

If you're ready to take control of your life and learn how to protect yourself, then Hands Off Self Defense for Women is the book for you. Free Download your copy today and start learning the skills you need to stay safe.



Testimonials

"Hands Off Self Defense for Women is an essential resource for any woman who wants to learn how to protect herself. The techniques are easy to learn and effective, and the book covers all the important topics, from situational awareness to the legal aspects of self-defense." - **Sarah Jane Smith, author of The Everyday Hero: A Guide to Everyday Courage**

"I'm so glad I bought Hands Off Self Defense for Women. I've already learned so much, and I feel more confident in my ability to protect myself. This book is a must-read for all women." - **Jane Doe, mother of two**

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