

# 2009 - New Self Defense Tricks For Women Plus Bonuses

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"Women Are Being Attacked Each And Every Day Around The World. Its Time That Women Stop The Violence TODAY!" Woman Deserve To Know How To Protect Them Self Or Those They Love, Against Those Who Want To Hurt Them Or Their Loved Ones. The statistics on violence against women are staggering even overwhelming. Often, women are thought of as the weaker sex, unable to defend themselves effectively against a strong male attacker. Its this kind of thinking that hurt women. The truth is that women CAN and SHOULD fight back when they are threatened. It takes a lot of courage to fight back, though, and many myths exist regarding womens self-defense training. These myths include: \* You have to learn martial arts to defend yourself \* Theres no way you can over-power your attacker \* Just give in and let them have what they want \* If someone wants to get to you, they will no matter what you do \* All you need to know to defend yourself is how to fight All of these statements are, indeed, myths. There are many, many ways you can protect yourself from being compromised or assaulted. They dont necessarily involve martial arts, they dont require you to know how to fight, and they definitely dont require you to give in to your attacker. You Dont Have To Be A Victim! Self defense is about ending a violent attack against your person. Self defense is not about sparring and exchanging blows with another person. You see, the best self defense of all is to not put yourself in harms way. The second best self defense technique is to run. If neither of these options are available, you MUST know how to defend yourself to save your life. There are tons and tons of information out there regarding self defense for women and how to make sure that no one gets the upper hand when trying to overcome you. In fact, having all that information, literally, at your fingertips can be confusing. The truth is, there is really not one right way to defend yourself. The decision is a personal one and definitely depends on the situation. Dont Get Take In By All The Self-Help Programs That Dont Give You All The Facts. Start Here! It's true that there are hundreds and hundreds of people out there willing to sell you the best book on martial arts, the most wonderful guide to gun ownership ever, the best way to administer a groin shot, etc. Some of these guides are great resources, but theyre not for everyone. How can you weed through all of the fool-proof techniques and figure out whats right for you? You may not be able to, but having too much information is

better than having not enough. Which is why we're proud to offer to you our amazing e-book, *Self Defense for Women: Don't Be Another Statistic*. We are presenting you with all sides of defending yourself against violence. There is no ONE way that is right. You deserve to be fully prepared. The amount of information out there can be overwhelming. We understand. That's why we wrote this book! Why Buy 10 Books When You Can Buy Just This One? Doesn't quite make sense, does it? We have packed so much information into the pages of this book, it could have been over a hundred pages, but it's not. It's easy to read and gets right to the point in just over 60 pages. Don't Spend Hours Reading Books And Articles That Won't Help. All You Need Is THIS Book! The fact is that women are attacked more often and more violently than any other group of people. That includes all races, ages, and demographic pigeonholes. Women are looked on as vulnerable and easy targets. That's why the statistics are so high. It's time to bring those numbers down and empower women against violent attacks. With this e-book, you'll find all sorts of information and, best of all, an answer to the question, How do I defend myself when I'm not sure I can? Inside the pages of this book, we've given you real life stories that illustrate the mistakes that some women who are victims of violence have made. We'll address those mistakes and show you how to avoid them. There are many, many opportunities out there for attacks. These include: \* Rape \* Car Jacking \* Purse Snatching \* Domestic Violence \* Home Invasion \* Being Followed by An Unmarked Police Car \* Walking Along the Street \* Workplace Violence \* And more. That's what's so disturbing about this predicament: violence can happen anywhere. That includes at home, at work, at the grocery store, in schools, or on a shopping trip. No one is truly and completely safe all the time. If you're reading this and considering this e-book for someone you love, rest assured, this is a comprehensive guide that has put together information from many different sources including martial arts experts, gun advocates, and self defense proponents. *Self Defense for Women: Don't Be Another Statistic* can give you and your female loved ones peace of mind when out in the world with practical advice that anyone can put into use immediately. Self-defense is all about surviving a situation where there is a very real risk of physical harm. This requires first-hand knowledge of techniques you can use to defend yourself without thinking. However, not everyone has enough time to learn a multitude of techniques. What everyone really needs is just a handful of simple yet effective techniques that are useful for any situation. That's what we're providing you TODAY! Martial arts classes are great, but it takes a very long time to get proficient enough in the system to be able to use it for self defense. What will you do in the meantime? What if something happens and you are clueless about

what to do in that situation? By ordering Self Defense for Women: Dont Be another Statistic today, youll be able to learn about common sense self defense options you might have never thought about. Such options as: \* Using perfume as a deterrent \* How to make a car key a lethal weapon \* What to scream other than Help! \* Getting out of a car your attacker has cornered you in \* Talking yourself through an attack and talking your attacker out of it \* Plus SO MUCH MORE! There are hundreds of ways that you can avoid becoming a victim of violence. Even when that violence occurs in your own home! Domestic violence is the worst type to have to defend yourself against. Would you really be able to use brute force against your partner? What if he was attacking you? Would you be able to then? The key here is to change your mindset and remember that whether you are attacked on the street or in your own bedroom, you have the right to defend yourself! It doesnt really matter if you know your attacker or not. We Dont Need Anymore Rising Statistics!

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