

Home Defense 101 How To Defend Against A Home Invasion

FOR PARENTS: Do you avoid speaking to your kids about violence? It's not your fau This is a book that will change - and possibly even save - your life, or the life of your child. The Safety Godmothers - Ellen Snortland and Lisa Gaeta - know violence reduction and prevention from A-Z. This book is an invaluable compilation of Ellen and Lisa's personal safety techniques, practical insights and advice, based on their decades of real-world experience. Gavin de Becker, a revered authority in violence prevention worldwide and Oprah's go-to expert, shares his know-how in three featured chapters. In addition, there are more than 20 real-life success stories, where all sorts of people overcame dangerous situations by using time-tested, reliable skills that let them set verbal and physical boundaries when their safety was compromised. The results will astound you!
FOR TEENS: Uh-oh! A creepy guy scared the wits out of you when you were out with your friends. All you could do was freeze, and hope he'd go away. You want to tell your parents about it, but you don't want to freak them out because you cherish your freedom. The Safety Godmothers, Ellen Snortland and Lisa Gaeta, hear you. Your friends say, "Get over it!" "Ignore it." "You make a big deal out of everything." Nonetheless, YOU want to understand what to do next time, whether it involves bad behavior by someone you know, or from a stranger. It's bad enough if you're a girl; boys are "supposed" to know how to handle dicey situations with violent people. Who can they talk to about personal safety without being labeled a "wimp"? From weekly indignities at school or work, to really scary situations, reading The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence will help you to be out and about safely.
Gavin de Becker, Oprah's go-to expert, shares his know-how in three featured chapters. While the subject matter sounds serious, the book is actually a lot of fun. Ellen and Lisa provide "How We See It" commentary that is often irreverent ... and sometimes even a little bit naughty! You've never had such a good time learning to stay safe.
ABOUT THE AUTHORS
The Safety Godmothers is not only the name of the book, but also the identity of its two authors, Ellen Snortland and Lisa Gaeta. The Safety Godmothers have decades of experience in training thousands of women, girls, men and boys in verbal and physical self-defense. Ms. Gaeta is the founder and CEO of IMPACT Personal Safety of Southern California, and recognized internationally as the most experienced trainer in full-force, adrenaline based self-defense. Ms. Snortland is the author of "Beauty Bites Beast: Awakening the Warrior in Women and Girls," which is deemed a classic in the personal safety field. She has spoken about and taught self-defense all over the world, and been featured on Dateline NBC.
Gavin de Becker, our "Safety Godfather," is widely regarded as the leading expert on the prediction and management of violence. He is also the author of several books, including the best-selling "The Gift of Fear." The Safety Godmothers wish you the best life has to offer and the inspiration to live a full and courageous life... and kick some serious butt if you must!
Are you ready to learn kickboxing? Whether you are looking to learn for self-defense, fitness, or just to have fun, " Kickboxing 101 " will teach you the basic kickboxing techniques you need to know. This guide will show you how to control stand up aspects of a fight through movement, defensive maneuvers, and striking attacks. Over 200 photos are combined with step-by-step instructions to illustrate effective application of kickboxing techniques. The accompanying text will give you insight into the various aspects and principles of kickboxing. This guide will provide you with a well-rounded working knowledge that you can perfect on your own or with a partner, from home or in a class environment, as a primary learning tool or as a supplement to other learning.
Specific sections covered are:
• Chapter 1: Stance and movement: This section will teach you the appropriate foot stance and hand positioning as well as variations. Movement will also be covered and include lateral, side, and pivoting.
• Chapter 2: Defense: This section will show you how to evade punches using traditional boxing movements, such as the slip or bob-n-weave.
• Chapter 3: Attacking with punches: In this section, you will learn to attack with punches, such as the jab, cross, hook, and uppercut, as well as variations.
• Chapter 4: Basic elbow and knee attacks: Knees and elbows will be discussed in this section with multiple variations of both being covered. Some techniques you will learn are the round elbow, downward elbow, basic knee, and knee with head grab.
• Chapter 5: Basic kick attacks: Kicks of various types will be taught in this section. The kicks will be basic and include the rear-leg round kick, teep (push kick), and the front-leg round kick. Defensive maneuvers such as the shielding and kick checking will be included as well.
• Chapter 6: Putting it together: This section will show you how to put the content together. It will outline potential combos and more.
About the Expert:
Nathan DeMetz is a personal trainer from Indiana. He has long been an avid fitness enthusiast and became a martial arts practitioner in recent years. He has been weight lifting for 12 years and practicing martial arts for three. Nathan is a Certified Personal Trainer (CPT)/Certified Fitness Trainer (CFT) with the International Sports Sciences Association (ISSA). He is a Certified Fitness Kickboxing Instructor through the Kickboxing Fitness Institute. Nathan is currently pursuing Sport Nutrition Certification through ISSA. Nathan had the opportunity to meet and learn from a USAPL state ranked power lifter, two NPC bodybuilding competitors, and other local, amateur, and competitive athletes. He is the owner/operator of Nathan DeMetz Personal Training.
HowExpert publishes quick 'how to' guides on all topics from A to Z by everyday experts.
For some employees, verbal abuse can be the everyday language of doing business. Defending yourself from these verbal abusers—calmly, professionally, and successfully—can be crucial to your on-the-job success. Nationally recognized linguistics expert and author Suzette Haden Elgin applies her acclaimed techniques for combating verbal attacks to common workplace situations. Powerful yet unthreatening, her proven strategies will help you recognize and defend yourself from verbal abuse—everything from casual obscenities and racist or sexist language to sarcasm, cutting jokes, and subtle put-downs. Richly illustrated with fully dramatizes scenarios and real-world examples, Dr. Elgin ' s communication techniques will help you instantly take control of any verbal confrontation. You ' ll also learn how to avoid " malpractice of the mouth " and sexual harassment; communicate sensitively and clearly with non-native English speakers; and project a strong, straightforward, and trustworthy image. You ' ll find tips for handling sensitive issues via email and voice mail, advice on meeting the communication challenges that face home-based and virtual businesses, and plenty of " workouts " placed throughout the book to give you valuable opportunities to practice your new skills.
The Gentle Art of Verbal Self-Defense at Work is your roadmap through the potentially career-threatening minefields of workplace communication.

The Handgun Guide for Women is a common sense, step-by-step guide to purchasing a gun, securely keeping a gun in the home, and being a safe gun owner 100 percent of the time.

Hearings Before a Subcommittee

The Law of Self Defense, 2nd Edition

A Pragmatic Primer for Realistic Radicals

Firearm Instruction for Personal Defense and Protection

USCCA Edition

Traditional Chinese King Fu for Self-Defense and Health

Easy and Effective Self Protection Whatever Your Age, Size Or Skill!

In this book, self-defence against non-state actors is examined by three scholars whose geographical, professional, theoretical, and methodological backgrounds and outlooks differ greatly. Their trialogue is framed by an introduction and a conclusion by the series editors. The novel scholarly format accommodates the pluralism and value changes of the current era, a shifting world order and the rise in nationalism and populism. It brings to light the cultural, professional and political pluralism which characterises international legal scholarship and exploits this pluralism as a heuristic device. This multiperspectivism exposes how political factors and intellectual styles influence the scholarly approaches and legal answers and the trialogical structure encourages its participants to decentre their perspectives. By explicitly focussing on the authors' divergence and disagreement, a richer understanding of self-defence against non-state actors is achieved, and the legal challenges and possible ways ahead identified.

Based on author's thesis (doctoral - European University Viadrina in Frankfurt (Oder), Germany, 2016) issued under title: The right to personal self-defence as a general principle of law and its general application in international human rights law.

Provides instructions and guidelines for creating security strategies to protect against a potential failure of civilization, and includes tips on perimeter security, house fortifications, firearms and weaponry, and security animals.

Victims of physical attacks seldom expect to be the target of an aggressor. Don't wait and become another statistic. Be prepared and protect yourself. Self-Defense Techniques & Tactics is your guide to mastering basic street-smart self-defense and develop the survival skills and strategies to feel safe in any environment. The preventive measures, defensive maneuvers, and combinations in this book require no prior experience to perform. Through clear instruction and photographs, you will learn how to defend yourself by generating pain compliance, incapacitating the aggressor, and asserting control in life-threatening situations. You will also learn necessary mental tactics that have been tested and proven successful in actual combat. From learning to assess threats and spot potential danger signs to disarming weapons from your attackers, Self-Defense Techniques & Tactics will teach you how to protect yourself when your safety is threatened.

The Law of Armed Conflict and the Dynamics of Modern Warfare

In the Gravest Extreme

The Southeastern Reporter

Home Defense 101

The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens

A Beginner's Guide to Buying and Owning Firearms

Women's Personal Safety 101

Most of us are under verbal attack everyday and often don't realize it. In "The Gentle Art of Verbal Self-Defense" you'll learn the skills you need to respond to all types of verbal attack.

Women's Personal Safety 101 is a simple to read, information packed user guide for all women who are serious about their safety and the safety of their loved ones. The author has spent thousands of hours working with and learning the methodology of the predator. You'll learn how the predator thinks and the "method of operation" he uses to select his victims. Some topics in this book include:
* The mindset of the Predator and what he looks for in his victims.
Page 2
* The probing interview - what it is and how to respond.
Page 3
* How to turn fear into fury.
Page 8
* Shopping safety - steps you must take to avoid being attacked.
Page 23
* The four types of rapist.
Page 26
* Date rape drug - how to avoid waking up totally violated.
Page 35
* Domestic violence - are you sleeping with the enemy?
Page 41
* Voyeurism - what it is and how to avoid landing on the internet naked!
Page 43
* The three targets that could render your attacker helpless.
Page 71
* How to put a rapist to sleep - while on your back!
Page 123
* How to effectively use a book, pocket book and other everyday items as a weapon.
Page 125
* And much, much more!
You'll also find resources, including websites and phone numbers for everything from domestic violence assistance to criminal background check websites. Read this book and be empowered! Be warned, "When the thunder claps...it's too late to cover your ears".

Career Defense 101 offers women seven proven, actionable strategies that help end sexual harassment in their careers for good so that they can focus on work they love.Women are often told, Things are really sexist, and all we can do is ignore it. Career Defense 101 does not accept that answer but compiles research and tools that have actually been proven to work in ending harassment and helping women advance in their careers.Women often work twice as hard as everyone else to get to the top of their field, yet sexual harassment can still make them feel trapped, afraid, and vulnerable. This may leave them wondering if they have a responsibility to other women in their field (or to other women in their family) to change a sexist environment. As a trial lawyer and coach, Meredith Holley uses what she has learned from her own experiences of overcoming harassment, stalking, and discrimination, as well as her legal experience, to help her clients. Even women who do not want to bring a legal claim for their harassment are able to use the strategies she teaches in Career Defense 101 to overcome sexual harassment and reach a new level in their careers.,

First published in 1971, Rules for Radicals is Saul Alinsky's impassioned counsel to young radicals on how to effect constructive social change and know “the difference between being a realistic radical and being a rhetorical one.” Written in the midst of radical political developments whose direction Alinsky was one of the first to question, this volume exhibits his style at its best. Like Thomas Paine before him, Alinsky was able to combine, both in his person and his writing, the intensity of political engagement with an absolute insistence on rational political discourse and adherence to the American democratic tradition.

Shooter’s Bible, 101st Edition

Self Defense Made Simple

How to Defend Against a Home Invasion

The Cold War at Home and Abroad

The Gentle Art of Verbal Self Defense at Work

A Critical Review

Shoot Straight, Shoot Safe, and Carry with Confidence

After finding herself the subject of a powerful psychic attack in the 1930's, famed British occultist Dion Fortune wrote this detailed instruction manual on protecting oneself from paranormal attack. This classic psychic selfdefense guide explains how to understand the signs of a psychic attack, vampirism, hauntings, and methods of defense. Everything you need to know about the methods, motives, and physical aspects of a psychic attack and how to overcome it is here, along with a look at the role psychic elements play in mental illness and how to recognize them. This is one of the best guides to detection and defense against psychic attack from one of the leading occult writers of the 20th century.

For years proposals for gun control and the ownership of firearms have been among the most contentious issues in American politics. For public authorities to make reasonable decisions on these matters, they must take into account facts about the relationship between guns and violence as well as conflicting constitutional claims and divided public opinion. In performing these tasks, legislators need adequate data and research to judge both the effects of firearms on violence and the effects of different violence control policies. Readers of the research literature on firearms may sometimes find themselves unable to distinguish scholarship from advocacy. Given the importance of this issue, there is a pressing need for a clear and unbiased assessment of the existing portfolio of data and research. Firearms and Violence uses conventional standards of science to examine three major themes - firearms and violence, the quality of research, and the quality of data available. The book assesses the strengths and limitations of current databases, examining current research studies on firearm use and the efforts to reduce unjustified firearm use and suggests ways in which they can be improved.

Do you want to learn how to easily and effectively protect yourself - whatever your age, size or skill?! The new #1 Self Defense Bestseller - Grab Your Copy Now! Discover 'Self Defense Made Simple' from Bestselling Self Defense Author Phil Pierce: Your blueprint for smarter, easier and more intuitive self-protection without the years of training or complicated lessons. Do you want to learn how to ensure you never get hit using one special technique? Or how to use psychology 'hacks' to prevent violence before it happens and stay in control? Learn how to really use everyday objects as weapons (90% of people get this wrong!) Discover the truth behind pressure points - and how you can use them How to defend yourself against the most common attacks How to use the powerful self-defense tools your body already has Learn the exact exercises you can use to quickly and easily build a 'self-defense body' How to find the weak points on an attacker...that you can exploit! How to choose the perfect self-defense class (and which ones are just wasting your time) Understand how to identify a threat before it ever happens How to avoid the No.1, life-threatening self-defense mistake And more! Based on the tactics of Self-Defense experts, top Martial Artists and security personnel the simple techniques included are all designed to enable you to stay safe on the streets whatever your age, size or skill! Ever wondered what it takes in a real life or death situation to make the right choices? Or how to dominate any violent encounter on the streets without even throwing a punch? You may be surprised at the answers... Get Your Copy Now! Tags: Self Defense, Self Defence, Martial Arts, Self Protection, self defense Weapons, Self Defense for Women, Self defense tips

From President Truman's use of a domestic propaganda agency to Ronald Reagan's handling of the Soviet Union during his 1984 reelection campaign, the American political system has consistently exerted a profound effect on the country's foreign policies. Americans may cling to the belief that "politics stops at the water's edge," but the reality is that parochial political interests often play a critical role in shaping the nation's interactions with the outside world. In The Cold War at Home and Abroad: Domestic Policies and US Foreign Policy since 1945, editors Andrew L. Johns and Mitchell B. Lerner bring together eleven essays that reflect the growing methodological diversity that has transformed the field of diplomatic history over the past twenty years. The contributors examine a spectrum of diverse domestic factors ranging from traditional issues like elections and Congressional influence to less frequently studied factors like the role of religion and regionalism, and trace their influence on the history of US foreign relations since 1945. In doing so, they highlight influences and ideas that expand our understanding of the history of American foreign relations, and provide guidance and direction for both contemporary observers and those who shape the United States' role in the world. This expansive volume contains many lessons for politicians, policy makers, and engaged citizens as they struggle to implement a cohesive international strategy in the face of hyper-partisanship at home and uncertainty abroad.

Concealed Carry and Home Defense Fundamentals

Civil Defense

The Classic Instruction Manual for Protecting Yourself Against Paranormal Attack

Southern Reporter

Prepper's Home Defense

Survive the Unthinkable

Litigating the Nursing Home Case

Includes the decisions of the Supreme Courts of Alabama, Florida, Louisiana, and Mississippi, the Appellate Courts of Alabama and, Sept. 1928/Jan. 1929-Jan./Mar. 1941, the Courts of Appeal of Louisiana.

Book Description:*Are you ready to learn kickboxing? Whether you are looking to learn for self-defense, fitness, or just to have fun, "Kickboxing 101" will teach you the basic kickboxing techniques you need to know. This guide will show you how to control stand up aspects of a fight through movement, defensive maneuvers, and striking attacks. Over 200 photos are combined with step-by-step instructions to illustrate effective application of kickboxing techniques. The accompanying text will give you insight into the various aspects and principles of kickboxing. This guide will provide you with a well-rounded working knowledge that you can perfect on your own or with a partner, from home or in a class environment, as a primary learning tool or as a supplement to other learning. Specific sections covered are:
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You arm yourself so you're hard to kill. Know the law so you're hard to convict. Let's face it, the world isn't always nice. That's why you take steps to protect yourself and your family. Whether it be that shotgun in the corner, the sidearm on your hip, or the pepper spray you gave your daughter, you meet that fundamental responsibility. But if you're like most people, your preparations still lack a

critical element. You still need to know how to survive the critical fight that looms after any defensive encounter: the legal battle. The Law of Self Defense provides precisely that critical, missing knowledge. This book includes not just the laws of all fifty states, but how the courts apply those laws. It's a plain-talk analysis that makes the law easy to understand for anyone, not just lawyers. Bestselling author, Andrew F. Branca, is not only a lawyer and internationally recognized legal consultant, but also a life-long member of the gun community--more than 20 years as an NRA Life Member and Instructor, an IDPA Master-class competitor, and a 2nd Amendment absolutist. Learn how to make fast, effective decisions and confidently handle life-and-death situations both tactically and legally. Read This Book And Learn the Powerful Legal Truth That Can Save Your Life, Wealth And Personal Freedom
The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

The Role of the Firearm in Personal Protection

The Gentle Art of Verbal Self Defense

Human Rights and Personal Self-Defense in International Law

Defense 101

Psychic Self-Defense

A Beginner's Guide To Kickboxing For Self Defense, Fitness, and Fun

Pistols 101

The war of June 1967 between Israel and Arab states was widely perceived as being forced on Israel to prevent the annihilation of its people by Arab armies hovering on its borders. Documents now declassified by key governments question this view. The UK, USSR, France and the USA all knew that the Arab states were not in attack mode and tried to dissuade Israel from attacking. In later years, this war was held up as a precedent allowing an attack on a state that is expected to attack. It has even been used to justify a pre-emptive assault on a state expected to attack well in the future. Given the lack of evidence that it was waged by Israel in anticipation of an attack by Arab states, the 1967 war can no longer serve as such a precedent. This book seeks to provide a corrective on the June 1967 war.

"The ... illustrated introduction to firearms from an experienced instructor"--P. [4] of cover.

"In **The Gravest Extreme** tells it like it is, and prepares you to protect you and yours against criminal violence without being crucified for it in court. Anti-gunners call it "a guide on how to kill criminals and get away with it," but men like Lt. Frank McGee, former head of firearms training for New York City Police Department, say it's "must reading" for anyone who keeps a gun for self defense. Welcome to the reality of the street in a book that also makes a memorable gift to anyone who keeps a gun in their home" --Publisher description.

If you want to know about pistols, their safe handling, and the basic skills when using pistols for target shooting and personal or home defense, you should read **Pistols 101**. Written in a smooth style, this book will appeal to beginners and also to experienced pistol shooters, who may use it to teach others about handgun safety and use. This book is technically accurate and includes illustrations and photographs that clarify the main components, operations, and basic shooting positions for revolvers and semi-automatics.

Wing Chun Kung Fu

Civil Defense for National Survival ...

The Six-Day War and Israeli Self-Defense

Self-defense Techniques and Tactics

Complex Battlespaces

Self Defense 101 and the BadAss Cane

The World's Bestselling Firearms Reference

In Defense 101, a concise primer for understanding the United States' \$700+ billion defense budget and rapidly changing military technologies, Michael O'Hanlon provides a deeply informed yet accessible analysis of American military power. After an introduction in which O'Hanlon surveys today's international security environment, provides a brief sketch of the history of the US military, its command structure, the organization of its three million personnel, and a review of its domestic basing and global reach, Defense 101 provides in-depth coverage of four critical areas in military affairs: • Defense Budgeting and Resource Allocation: detailed budget and cost breakdowns, wartime spending allocations, economics of overseas basing, military readiness, and defense budgeting versus US grand strategy • Gaming and Modeling Combat: wargaming, micro modeling, nuclear exchange calculations, China scenarios, and assessments of counterinsurgency missions • Technological Change and Military Innovation: use of computers, communications, and robotics, cutting-edge developments in projectiles and propulsion systems • The Science of War, military uses of space, missile defense, and nuclear weapons, testing, and proliferation For policy makers and experts, military professionals, students, and citizens alike, Defense 101 helps make sense of the US Department of Defense, the basics of war and the future of armed conflict, and the most important characteristics of the American military.

You could be the target of a spell or curse and not even know it! All people, witches or not, are susceptible to these attacks. The difference: witches and magicians can do something about it. Now you can too. Protection & Reversal Magick is a complete how-to manual on preventing, defending, and reversing magickal attacks of any kind. You will learn to: Set up early-warning systems. Appease angry spirits through offerings. Perform daily banishings and make amulets that will prevent most attacks. Make magickal "decoys" to absorb attacks against you Summon guardian spirits or gods for help. Bind, confuse, or expel a persistent enemy who will not leave you be. These techniques aren't just for witches, either, but for ceremonial magicians, rootdoctors, and anyone else who puts magick to a practical use. Like the cunning men and women of old, now you can defend yourself and your loved ones against even the strongest attacks! "This book is not only one of my favorite books on 'defense against the dark arts', but is actually one of my favorite books in my whole library. Throughout the book Jason provides not only on protection, but also on recognizing the symptoms of attack and creating early warning system to alert you of magickal attacks." --Mat Aurn, author of Psychic Witch

Considers (84) H.J. Res. 98, (84) H. Con. Res. 108.

Concealed Carry and Home Defense Fundamentals is a comprehensive guide for anyone considering owning or carrying a firearm for self defense. The book is a complete guide to understanding conflict avoidance & situational awareness; handgun & shotgun basics; shooting fundamentals; the physiology of violent encounters; the legal aspects of using deadly force (including knowing what to do in the aftermath); and a complete guide on gear, gadgets, and ongoing training.

Guns 101

A Beginner's Guide to Kickboxing for Self Defense, Fitness, and Fun

Security Strategies to Protect Your Family by Any Means Necessary

Hearings Before a Subcommittee of the Committee on Government Operations, House of Representatives, Eighty-fourth Congress, Second Session

Civil Defense for National Survival

How to Stop Sexual Harassment Without Quitting Your Job

Firearms and Violence

The conduct of warfare is constantly shaped by new forces that create complexities in the battlespace for military operations. As the nature of how and where wars are fought changes, new challenges to the application of the extant body of international law that regulates armed conflicts arise. This inaugural volume of the Lieber Studies Series seeks to address several issues in the confluence of law and armed conflict, with the primary goal of providing the reader with both academic and practitioner perspectives. Featuring chapters from world class scholars, policymakers and other government officials; military and civilian legal practitioners; and other thought leaders, together they examine the role of the law of armed conflict in current and future armed conflicts around the world. Complex Battlespaces also explores several examples of battlespace dynamics through four "lenses of complexity": complexity in legal regimes, governance, technology, and the urbanization of the battlefield.

Discusses the history and philosophy of Wing Chun, a Chinese form of kung fu, and offers principles, techniques, and practical applications for self-defense

In order to fully enjoy the world, you need the confidence that comes from knowing you can protect yourself. There are a lot of assholes out there. Self Defense 101 will give you the specific skills you need to stay safe and protect yourself. The Man says you can't carry weapons. But the Man fucked up. He says you can carry a cane. The BadAss Cane will show you how to use this particular weapon and explain how the law allows you to carry it anywhere. It is appropriate for both the complete beginner and the accomplished martial artist.

Besides, canes are fun and they look cool.

A resource with two hundred color photographs includes complete up-to-date information on new products, specifications, and prices for thousands of firearms and related equipment, and offers feature articles written by experts and comprehensive ballistictables.

Staying Safe in a World Full of Assholes and the Only Weapon You Can Take Anywhere

Protection & Reversal Magick

A Total Guide to Women's Self-Protection

Model Rules of Professional Conduct

Hearings Before a Subcommittee of the Committee on Government Operations, House of Representatives, Eighty-fourth Congress, Second Session...

The Tactics of Home Defense

Essential Guide to Handguns

Approximately 1.9 million women are physically assaulted annually in the United States alone. In Survive the Unthinkable, Tim Larkin empowers women to understand that surviving a potential attack isn't about being physically bigger, faster, or stronger; it's about knowing how to self-protect, not self-defend. Survive the Unthinkable reveals the effective, proven principles behind Target Focus Training, the system Larkin has used to train Navy SEALs, celebrities, and soccer moms. It's a counter-intuitive mind / body approach women can use to protect themselves and their loved ones. Readers learn how to identify the difference between social aggression (which can be avoided) and asocial violence (which is unavoidable), recognize personal behaviors that may jeopardize safety, and target highly specific areas on an attacker's body for a strategic counterattack. Larkin discusses how predators think and teaches women how to spot them, outsmart them, and stop them in their tracks. With principles proven to work regardless of size, strength, or athleticism, Larkin's approach revolutionizes women's perspective on violence and self-protection. Armed with the tools to neutralize any threat, readers will blast through the victim mindset and live freer, safer, more peaceful lives.

Provides instructions on how to use handguns for personal defense and protection, describing the types of people who should not own guns, and discussing psychological preparedness, basic tactical self-protection tools, handling and maintenance, ammunition, revolvers, semi-automatic pistols, holsters, safe operation and range procedures, safe shooting and survival procedures, and other topics.

Questioning the Legal Basis for Preventive War

Domestic Politics and US Foreign Policy since 1945

Kickboxing 101

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Rules for Radicals

Understanding the Military of Today and Tomorrow

The Handgun Guide for Women