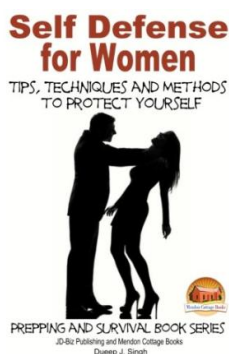


## Self Defense for Women - Tips, Techniques and Methods to Protect Yourself



### Book Review

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dana Hintz)

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