



Personal Defense for Women

Gila Hayes, Gila May-Hayes

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Don't Be A Victim! Fight back-with Personal Defense for Women. Statistics show that violent crimes against women are at an all-time high. Don't be the next victim! In Personal Defense for Women, author Gila Hayes shows you how to build awareness to avoid confrontations-and how to fight back when necessary. If you're concerned about your personal safety and security in your home, in your car, in your workplace and on the campus, there's no better guide than Personal Defense for Women. It's all here! Common-sense, practical advice on Avoiding conflict Personal defense techniques Safe, responsible use of pepper sprays, Tasers, handguns, revolvers and shotguns And more! Don't take chances with your safety-or your family's. Personal Defense for Women gives you everything you need!

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