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Like any new frontier, cyberspace offers both exhilarating possibilities and unforeseen hazards. As personal information about us travels the globe on high-speed networks, often with neither our knowledge nor our consent, a solid understanding of privacy and security issues is vital to the preservation of our rights and civil liberties. In reaping the benefits of the information age while safeguarding ourselves from its perils, the choices we make and the precedents we establish today will be central in defining the future of the electronic frontier. Since 1991, the non-profit Electronic Frontier Foundation (EFF) has worked to protect freedoms and advocate responsibility in new media and the online world. In *Protecting Yourself Online*, Robert Gelman has drawn on the collective insight and experience of EFF to present a comprehensive guide to self-protection in the electronic frontier. In accessible, clear-headed language, *Protecting Yourself Online* addresses such issues as: avoiding spam [junk mail] spotting online scams and hoaxes protecting yourself from identity theft and fraud guarding your email privacy [and knowing when you can't] assessing the danger of viruses keeping the net free of censorship and safe for your children protecting your intellectual property Produced by the leading civil libertarians of the digital age, and including a foreword by one of the most respected leaders in global business and the cyberworld, Esther Dyson, *Protecting Yourself Online* is an essential resource for new media newcomers and old Internet hands alike. Nurses work in the foxhole of the healthcare battlefield. Their work is emotionally grueling and physically draining. This easy-to-follow book offers practical, thoughtful, recommendations to help others deal with the incredible amount of stress that caregivers endure. In this book, you will discover: - Self-care practices you can easily incorporate into your daily routines - How to nurture others without abandoning yourself in the process - Specific steps to bring your life back into balance - How to rediscover your love for and commitment to caregiving To get started, simply scroll to the top of the page and click the "Buy now with 1-Click" button! Tells how to avoid becoming a victim of fraud, using stories of real-life scams and interviews with state and federal regulators, victims of fraud, and con artists VANISHED! is an inexpensive and simple step-by-step guide that will teach you how to protect yourself

and your loved ones. Learn how to safeguard your children, spouse, boyfriend or girlfriend, brothers or sisters, parents, grandparents or even a close friend. Schools, caregivers, other businesses and organizations need to protect their students, customers and members as well. This informative book can help prevent a missing person tragedy and the possibility of a civil lawsuit over legal liability and negligence. If you do anything now, please read the Testimonials and Introduction chapter to understand how this book will provide you with valuable information, expert advice, and life-saving resources. I have included instructions for preparing personalized protection packets, so your loved ones can be found as quickly as possible - before they are seriously harmed or vanish. These Individual Protection Packets along with the Biographical Form can help you and the police locate your loved one in a few hours, as opposed to weeks, months or even years. Why should you be worried? Here are some alarming statistics. Over 790,000 children and 200,000 adults are reported missing each year. This totals over 990,000 missing-person reports or one person every 32 seconds. There are over 250,000 kidnappings every year. Sadly, both children and adults run away or disappear as the result of accidents. Miscommunication is another cause. Learn how to prevent these tragedies and find your missing loved one as quickly as possible. Learn about awareness and prevention, the keys to survival in today's world of violence and mishaps. You don't have to become a victim. This book might save your life or the life of someone you love. This inexpensive book also makes a great gift for a family member or someone you love or care for. The Zika virus and its varied effects have in recent months been the center of mass global coverage and health pandemonium. Purportedly linked to numerous birth defects in the Latin Americas, the Zika virus is a member of the Flaviviridae family of viruses and is believed to be primarily transmitted to human beings through the bite of the Aedes mosquito.

Safety. In a perfect world, everyone would be safe all the time: in the car, at home, at school, and online. Well, we all know the world's not perfect. Cars sometimes crash, burglars break into houses, kids get bullied at school, and cyberstalkers and sexual predators prowl the Internet. But that's no reason to hide in your room and worry. You can stay safe if you use some safety smarts. This book offers nitty-gritty advice on staying safe. You'll discover:

- how to recognize and avoid dangerous places and people.
- how to stand your ground against bullies and other bad guys.
- how to defend your home, your computer, and your own body from attackers.
- where to turn for help if you're feeling threatened.
- where to turn for help after an attack.

Supplemented with articles and information from USA TODAY, the Nation's No. 1 Newspaper, Safety Smarts delivers solid advice and firsthand stories of real teens facing many of the same types of situations you are. Ready to wise up on safety? Read on!

Steven Wolhandler, JD, MA, LPC knows how abusive and manipulative people prey on the emotions of good people - and how good people can protect themselves. He offers a radically different view of these Emotional Predators and provides practical effective solutions. For Emotional Predators, life is a strategy game to dominate and control, and you are either a player to be defeated or a game piece to be used. Without empathy or remorse, they'll ruin your life, and traditional approaches will make things worse. You'll learn 5 essential steps for protecting yourself, valuable guidance for safe relationships and over 30 specific defensive tactics for:

- * Distinguishing romance from intimacy*
- Restoring your self-esteem*
- Removing your emotional triggers*
- Using gratitude and humor*
- Playing their games better than they do - without becoming like them*
- Screening professionals to be sure they can help*
- Regaining control in family court*
- Breaking an addiction to an Emotional Predator *
- Re-balancing power in your favor*
- Adjusting beliefs that keep you trapped*
- Responding strategically, instead of reacting emotionally

Do you have a snubnose revolver? Do you want to know how to use it to defend your life? If you -- or someone you love -- owns a snubnose revolver for personal or home defense, this is the book you need! Protect Yourself With Your Snubnose Revolver teaches you the essential shooting skills to defend yourself and your loved ones from harm. The snubnose revolver isn't out of date, and it is still a formidable personal defense tool. This book shows you the why and the how of self defense with the snubby! As a self defense and shooting instructor, I've taken my experience with the snubnose revolver and distilled it into this easy-to-read book full of tips, resources, and specific instructions to help you master the quintessential defensive handgun. Unique to this book is a detailed practice

regimen of specific exercises for learning the snubnose. They give you the game plan to develop and maintain your snubby shooting skills! Even if you're just considering buying your first snubnose revolver, this book will be a valuable reference. In this book you'll find:

Part 1: Safety First! The Universal Safety Rules Safe and Ready Storage

Part 2: The Snubnose Revolver Virtues and Vices of the Snubby Manual of Arms Defensive Ammunition for the Snubnose

Part 3: Defensive Shooting Concepts The Goal of Defensive Shooting Context: the Least Understood Word in Self Defense Expecting the Unexpected: Possible, Plausible, and Likely Being Efficient Counter-Ambush Methodology Making Decisions Consolidating Your Skills Accuracy and Precision Balance of Speed and Precision

Part 4: Defensive Shooting Skills Natural Threat Reactions Ready Position Grasp Stance Extension Trigger Control Unsighted Fire Using the Sights Reloading Drawing & Reholstering

Part 5: Skill-Building Exercises A Quick Note About Targets Range Safety and Etiquette Grasp Pressure Exercise Extend-Touch-Fire Exercise One At A Time Exercise Multiple Shots Exercise Draw From Holster Exercise Sighted Fire Exercise BSP (Balance of Speed & Precision) Exercise One Hand Defense Exercise Moving Point of Aim Exercise Implausible Distance Exercise The importance of a training partner Special Considerations for Restricted Ranges Dry Practice

Part 6: Putting Your Snubby to Work Modifying for Better Function Concealed Carry Holsters and Carry Methods Drawing From Concealment Home Defense You won't find a more comprehensive guide to using the snubby for the job it was designed: self defense! No matter what the brand or caliber of your snubnose revolver, *Protect Yourself With Your Snubnose Revolver* will help you learn how to use it efficiently and effectively. Drawing on a premise that many common chronic ailments are related to the inflammation caused by incompatible dietary choices, a naturopathic anti-inflammatory diet program outlines the science behind current theories and provides 108 recipes, in a reference complemented by health tips and substitution suggestions.

Simultaneous. Communication skills can make a big difference in whether people tell you the truth or not. Knowing when to ask the next question, the behaviors that signal when the whole story isn't being told, and what questions to ask can help you cut through deception and lying so you can have confidence in your communications. Based on the same methods used by law enforcement professionals, but appropriate for everyday interactions, these skills and techniques can be applied in almost every situation. Without threats or intimidation, Walters' strategies can improve relationships and communication by teaching how to spot a liar and, more importantly, how to get to the truth.

--From publisher description. Explains how innocent drivers can protect themselves against false charges, with information on police procedure, and other important topics Offers advice for determining areas of risk, minimizing risk, and obtaining the proper insurance coverage to compensate for losses. A divorce may be the most important business and personal transaction that you will go through. This user-friendly guide offers a roadmap to the process of divorce, helping you understand the process while clearing up some of the concerns and misconceptions that can occur. Randy Kessler explains, step-by-step, the entire process, including selecting an attorney, knowing the questions to ask and the answers that are needed, how a trial works, and much more. Staying safe today requires you to out think criminals. It starts at home by creating a safe room' where your family can literally barricade themselves and remain safe until police arrive if your home was ever invaded. The same planning for safety needs to extend outside to when you're driving, parking your car at the mall or just walking down the street. Veteran Police Captain Ron Daniels, inventor of *The Ultimate Lock*, discusses all aspects of personal safety, from self-defense to use of weapons, from domestic violence to identity theft, and provides many practical, life-saving tips. *Protect Your Family and Yourself From the Most Dangerous Infectious Disease* Flu experts agree -- a severe pandemic is just a matter of time. But there are many other ways to protect yourself and your family. They are cheap and widely available. Everybody can take steps to protect themselves and their families. The nightmare is another 1918-style flu that is both highly contagious and highly lethal. It could kill tens of millions of people around the globe. Ordinary, seasonal flu kills from 20,000 to 40,000 Americans per year, and an unknown number of people in other countries. Swine flu has already mutated into forms resistant to both vaccines and Tamiflu. *BEAT THE FLU* is a comprehensive guide to build your immune system to prevent and, if necessary, treat the flu. *BEAT THE FLU* explains

the proprietary 7 Perimeter Defense System and the Super Immunity Seven. Praise for BEAT THE FLU: "This is a TON of information that can literally save lives. The solutions you give are simple and easy to implement. "Whatever price you pay for this book is going to be well worth it. After all...what price can you put on your life and the lives of your family?" -- Enigma Valdez "The 7-Perimeter Immune Defense System is a comprehensive immunity-boosting plan. When followed correctly, it will literally build an internal fortress of protection against the bird flu. This system will save lives! "I have seen books selling at twice the price that don't even have half the information." -- Clint Fountain "I have studied alternative health for many years... and still I found many nuggets of smart advice I hadn't thought of, forgotten, or flat out didn't know before I went through your flu book. Well done!" -- Jim Van Wyck "Brings the facts to us in a clear, well-written style. "You provide in-depth biological explanations using easily understood everyday words. Your ability to communicate complex concepts in ordinary language is phenomenal. "I am very, very impressed." -- Dot Pecson 62,000 words. Therefore, scroll up and hit the Buy button now. This "hilarious and honest" bestselling memoir from a rising comedy star tackles issues of gender, sexuality, feminism, and the Catholic childhood that prepared her for a career as an outspoken lesbian comedian (Abby Wambach). Cameron Esposito wanted to be a priest and ended up a stand-up comic. Now she would like to tell the whole queer as hell story. Her story. Not the sidebar to a straight person's rebirth-she doesn't give a makeover or plan a wedding or get a couple back together. This isn't a queer tragedy. She doesn't die at the end of this book, having finally decided to kiss the girl. It's the sexy, honest, bumpy, and triumphant dyke's tale her younger, wasn't-allowed-to-watch-Ellen self needed to read. Because there was a long time when she thought she wouldn't make it. Not as a comic, but as a human. SAVE YOURSELF is full of funny and insightful recollections about everything from coming out (at a Catholic college where sexual orientation wasn't in the nondiscrimination policy) to how joining the circus can help you become a better comic (so much nudity) to accepting yourself for who you are-even if you're, say, a bowl cut-sporting, bespectacled, gender-nonconforming child with an eye patch (which Cameron was). Packed with heart, humor, and cringeworthy stories anyone who has gone through puberty, fallen in love, started a career, or had period sex in Rome can relate to, Cameron's memoir is for that timid, fenced-in kid in all of us-and the fearless stand-up yearning to break free. INDIE BESTSELLER WASHINGTON POST BESTSELLER SEATTLE TIMES BESTSELLER ONE OF BUSTLE'S MOST ANTICIPATED BOOKS OF MARCH

Written by an insider who is both a registered nurse and a legal consultant for malpractice cases, this valuable guide covers such topics as the importance of room placement, making sure the correct body part is operated on, and how to advocate for oneself or a loved one without alienating hospital staff. Home Safe Home is the ultimate reference of its kind, written by the leading authority on eliminating toxics in the home. It offers more than four hundred tips, including do-it-yourself formulas for inexpensive, safe products to replace the harmful substances we are exposed to in our own households. If you suffer from unexplained headaches, fatigue, or depression, or if you worry about the link between increased use of toxic chemicals and the rising rate of cancer, the many suggestions in this book can make your life virtually toxic-free! Here are some of the many useful facts you'll learn: - You can make a window cleaner from vinegar and water that is safe, more effective, and less expensive than any product on the market. - A mineral powder, which costs pennies per use, is the safest way to get whites their whitest. - Simply changing your type of sheets and pillows may cure insomnia. "Hauser is a treasure. Whatever he writes is worth reading. Boxing is blessed that he has focused so much of his career on the sweet science." —Booklist Each year, readers, writers, and critics alike anticipate Thomas Hauser's newest collection of articles about the contemporary boxing scene, where his award-winning investigative journalism is on display. The annual retrospective of the previous year in boxing is always a notable moment in the sport that no one knows better than Hauser. Protect Yourself at All Times offers a behind-the-scenes look at Floyd Mayweather vs. Conor McGregor, dressing room reports from big fights like Canelo Alvarez vs. Gennady Golovkin, and compelling portraits of luminaries like Muhammad Ali, Joe Louis, Mike Tyson, and Don King, all filtered through the perspective of a true champion of boxing. Filled with

shocking revelations about the extent of the privacy gap in the U.S., the author of Millennium Bug reveals how much the government, corporations, and advocacy groups know about us and how computer owners can shelter themselves from further invasions. According to the U.S. Environmental Protection Agency, the air in our houses is up to five times more polluted than air outside--so it's clear that our homes have become fundamentally unhealthy places. But there is hope! With this guide, you'll learn the immediate changes that make your home--and your life--healthier and safer by neutralizing the toxins, radiation, and chemicals that threaten the average house. Inside you'll find: Instant-fix checklists that will immediately make your home, workplace, and school safer Room-by-room explorations of the most common and avoidable threats Special tips designed to protect vulnerable infants, children, and pets With detailed checklists that are ranked by the projected health impact of making the fix, you'll be able to make real, concrete improvements to the health of your home. Whether you make every change or just a targeted few, the decisive steps in this guide will result in a safer, more comfortable, and more livable home for you and your family. Exploring young Latina youth's sexual agency, education, and expression While Latina girls have high teen birth rates and are at increasing risk for contracting sexually transmitted infections, their sexual lives are much more complex than the negative stereotypes of them as "helpless" or "risky" (or worse) suggest. In Respect Yourself, Protect Yourself, Lorena Garcia examines how Latina girls negotiate their emerging sexual identities and attempt to create positive sexual experiences for themselves. Through a focus on their sexual agency, Garcia demonstrates that Latina girls' experiences with sexism, racism, homophobia and socioeconomic marginality inform how they engage and begin to rework their meanings and processes of gender and sexuality, emphasizing how Latina youth themselves understand their sexuality, particularly how they conceptualize and approach sexual safety and pleasure. At a time of controversy over the appropriate role of sex education in schools, Respect Yourself, Protect Yourself, provides a rare look and an important understanding of the sexual lives of a traditionally marginalized group. Identity fraud happens to everyone. So what do you do when it's your turn? Increasingly, identity theft is a fact of life. We might once have hoped to protect ourselves from hackers with airtight passwords and aggressive spam filters, and those are good ideas as far as they go. But with the breaches of huge organizations like Target, AshleyMadison.com, JPMorgan Chase, Sony, Anthem, and even the US Office of Personnel Management, more than a billion personal records have already been stolen, and chances are good that you're already in harm's way. This doesn't mean there's no hope. Your identity may get stolen, but it doesn't have to be a life-changing event. Adam Levin, a longtime consumer advocate and identity fraud expert, provides a method to help you keep hackers, phishers, and spammers from becoming your problem. Levin has seen every scam under the sun: fake companies selling "credit card insurance"; criminal, medical, and child identity theft; emails that promise untold riches for some personal information; catfishers, tax fraud, fake debt collectors who threaten you with legal action to confirm your account numbers; and much more. As Levin shows, these folks get a lot less scary if you see them coming. With a clearheaded, practical approach, Swiped is your guide to surviving the identity theft epidemic. Even if you've already become a victim, this strategic book will help you protect yourself, your identity, and your sanity. Former Secret Service agent and star of Bravo's Spy Games Evy Poumpouras shares lessons learned from protecting presidents, as well insights and skills from the oldest and most elite security force in the world to help you prepare for stressful situations, instantly read people, influence how you are perceived, and live a more fearless life. Becoming Bulletproof means transforming yourself into a stronger, more confident, and more powerful person. Evy Poumpouras—former Secret Service agent to three presidents and one of only five women to receive the Medal of Valor—demonstrates how we can overcome our everyday fears, have difficult conversations, know who to trust and who might not have our best interests at heart, influence situations, and prepare for the unexpected. When you have become bulletproof, you are your best, most courageous, and most powerful version of you. Poumpouras shows us that ultimately true strength is found in the mind, not the body. Courage involves facing our fears, but it is also about resilience, grit, and having a built-in BS detector and knowing how to use it. In Becoming Bulletproof,

Poumpouras demonstrates how to heighten our natural instincts to employ all these qualities and move from fear to fearlessness. A cybersecurity expert offers helpful tips and easy-to-follow instructions on how to keep you, your family, and your business safer online. The Internet is an informative, fun, and educational resource for the entire family, but it also has its own risks and dangers. From phishing to cyberbullying to identity theft, there are myriad ways you could be harmed online, often with irreparable damage. Fortunately, there are precautions everyone can take to protect themselves, their families, and their businesses—and they don't require technical expertise. In this book, cybersecurity expert Dr. Eric Cole, provides a layman's look at how to protect yourself online. Whether you're a parent wanting to keep your children safe online; a senior citizen who doesn't want to fall prey to the latest scam; a doctor, lawyer, or teacher who is responsible for safeguarding sensitive data; or simply a technology user who wants to protect themselves in cyberspace, Cole explains in plain language the many steps you can take to make your computer safer, protect your email, guard your online accounts, and more. Protect yourself from identity theft! Nearly 17 million Americans were victimized by identity theft in 2012 alone: for 13 straight years, it has been America's #1 consumer crime. No one is immune: children, the elderly and even the dead have been victimized. Identity theft can be high-tech, low-tech, or even no tech, via "dumpster diving." You're vulnerable, and you need to act. Fortunately, you can take practical steps to safeguard your identity right now. In *Identity Theft Alert*, award-winning author and attorney Steve Weisman shows you exactly what to do, and how to do it. Equally important, he also tells you what to stop doing: the common, inadvertent behaviors that could be setting you up as a victim. Weisman starts with a clear-eyed assessment of the problem, helping you understand just how much risk you face. Next, he helps you understand, anticipate, and prevent all these frightening forms of identity theft: Identity theft via Facebook and other social media Identity theft via your iPhone or Android smartphone Theft of your credit or debit cards, and other access to your finances Crime sprees performed in your name Medical identity theft that could lead to you getting the wrong treatment - and could even kill you The fast-growing scourge of income tax identity theft, including stolen refunds Don't be the next victim: read this book, follow its step-by-step advice, and protect yourself! This guide targets people who want to know everything about the pandemic, what they need to do to protect themselves against it, as well as what additional vitamins and supplements they need to take after they have their vaccinations to remain healthy. We will explain in detail what a pandemic is, the signs and symptoms of COVID, what to do if you or a loved one has tested positive for the virus, and what you can do on a daily basis to keep safe. We will explore various supplements and vitamins you can take to boost your immune system, answer questions on the positive and negative effects of the different vaccine options, and exactly what it means once you have gone for your jab. We explore vaccine side effects and which vitamins you can add to your daily diet to decrease symptoms related to severe side effects after inoculation. Our goal is to debunk any myths around vaccines, to offer you the true facts of the Coronavirus, and to steer you in the right direction when it comes to protecting yourself and your family against this illness. Human health depends on the health of the planet. Earth's natural systems—the air, the water, the biodiversity, the climate—are our life support systems. Yet climate change, biodiversity loss, scarcity of land and freshwater, pollution and other threats are degrading these systems. The emerging field of planetary health aims to understand how these changes threaten our health and how to protect ourselves and the rest of the biosphere. *Planetary Health: Protecting Nature to Protect Ourselves* provides a readable introduction to this new paradigm. With an interdisciplinary approach, the book addresses a wide range of health impacts felt in the Anthropocene, including food and nutrition, infectious disease, non-communicable disease, dislocation and conflict, and mental health. It also presents strategies to combat environmental changes and its ill-effects, such as controlling toxic exposures, investing in clean energy, improving urban design, and more. Chapters are authored by widely recognized experts. The result is a comprehensive and optimistic overview of a growing field that is being adopted by researchers and universities around the world. Students of public health will gain a solid grounding in the new challenges their profession must confront, while those in the

environmental sciences, agriculture, the design professions, and other fields will become familiar with the human consequences of planetary changes. Understanding how our changing environment affects our health is increasingly critical to a variety of disciplines and professions. Planetary Health is the definitive guide to this vital field. SKILLS TO OBSTRUCT PANDEMICS is a short but comprehensive how-to guide for people who want to protect themselves and others in current and future pandemics. It offers practical information and actionable daily practices to help flatten the curve vetted by a range of experts. It is not a first-aid kit to treat COVID-19 but a zeroth-aid kit to help you avoid it. Each year, one out of every four hospital patients in the United States will be harmed by the care they receive. Over 400,000 will die as a result. Dr. Gretchen LeFever Watson's definitive guide empowers patients to be patient safety advocates. It takes a village to combat preventable errors and omissions that cause millions of deaths and sickness in our nation's hospitals and care facilities. Although most of these deaths are due to human and system errors—not faulty medical decisions or diagnoses—this annual death toll—as well as the millions of additional incidents of survivable patient harm—could be cut in half through consistent use of simple and nearly cost-free safety behaviors. In Your Patient Safety Survival Guide, Gretchen LeFever Watson delivers a patient-centered blueprint on how to transform the patient-safety movement so that millions of unnecessary illnesses and deaths in hospitals, outpatient facilities, and nursing homes can be avoided. She provides key safety habits that people must learn to recognize so they can be sure hospital personnel use them during every patient encounter. She also explains how addressing the most common safety problems will set the stage for tackling a wide range of issues, including healthcare's role in the overuse of opiate painkillers and its related heroin epidemic. Watson's call for a more sensible societal response to medical and human error in hospitals promotes a timely and full disclosure of all mistakes—an approach that has been proven to accelerate the emotional recovery of everyone affected by patient safety events while also reducing the financial burden on hospitals, providers, and patients. Readers will learn how to:

- Change behavior to catch medical errors before they result in illness or death.
- Prevent the spread of dangerous infections in hospitals and other care facilities.
- Leverage the power of basic safety/hygiene habits.
- Eliminate mistakes during surgery and other invasive procedures.
- Avoid medication errors and the overuse of opiates
- Raise awareness and inspire civic action in their communities.

Drawing on his professional experience in helping women learn self-defense, author Steve Kovacs offers a practical, encouraging guide for women in Protect Yourself: The Simple Keys Women Need to be Safe and Secure. Most women's safety guides cover the specifics of fighting off attackers. But Protect Yourself focuses on commonsense strategies women can implement daily. By taking certain precautions and adapting specific behaviors, women can greatly increase their chances of avoiding violence. A former police officer who himself was a two-time victim of violent crime at a young age, Kovacs offers a practical approach to learning self-defense and discusses key issues: What criminals look for Home security Safety while on the go Tools to protect women Defending yourself in an attack The real foundation for women's self protection is the ability to identify certain attitudes, behaviors, and universal truths. Understanding these concepts is simple yet essential to helping women of all ages in developing characteristics and thinking patterns that will enable them to lead safer, more empowered lives. Don't become a victim of violence-let Protect Yourself: The Simple Keys Women Need to be Safe and Secure teach you to protect yourself! With contributions from more than three dozen professional fighters (including 11 World Champions), Protect Yourself at All Times will prepare any up-and-coming boxer for the challenges he will surely encounter from the business of boxing. The Protect Yourself at All Times campaign was founded by ADRIAN CLARK to further protect fighters outside the ring. The focus of this movement (and book) is to educate and inform the fighters on topics such as taxes, contracts, retirement, and guarding their money. This game-changing, unprecedented guide for professional boxers shines a bright light on a gray area in the sport. A crime-protection manual explains how to burglar-proof a home, avoid attacks by robbers, rapists, and muggers, keep children safe from molestation and kidnapping, travel safely, spot con men, and make a neighborhood safe

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