

**"LORI HARTMAN GERVASI TELLS YOU EXACTLY
HOW TO CHOOSE SAFETY OVER VICTIMIZATION."
— GAVIN DE BECKER, AUTHOR OF
THE NEW YORK TIMES BESTSELLER THE GIFT OF FEAR**

Fight Like a Girl... and Win

**DEFENSE DECISIONS
FOR WOMEN**

- DECIDE YOU ARE YOUR OWN BODYGUARD
- DECIDE IT CAN HAPPEN TO YOU
- DECIDE TO ACT ON YOUR INSTINCTS
- DECIDE TO REMAIN ACTIVE VERSUS REACTIVE
- DECIDE TO GO NUTS

LORI HARTMAN GERVASI

Lori Hartman Gervasi

Fight Like a Girl...and Win: Defense Decisions for Women



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A powerful and practical guidebook that packs a major punch .. plan for the unexpected, and be prepared for anything!.. Watch cautiously and identify these for what they are?the preludes to an attack. .. But women can figure out how to protect and defend themselves -- with this groundbreaking guidebook. Let martial arts black belt and achieved journalist Lori Hartman Gervasi walk you through easy-to-follow, everyday measures for taking charge of your personal safety, schooling your reflexes, and -- if and when enough time comes -- using power. Her program consists of 26 potentially life-saving decisions that every girl must make, including:OPT TO BELIEVE IN YOUR FIGHT - Battles are waged from the inside out. Your conscience, cleverness, and guts should be committed to the reason. DECIDE TO Action ON YOUR INSTINCTS - Your intuition is certainly your guide, but you must respond physically to become successful. OPT TO DEVISE A TECHNIQUE - Create a one-method ticket from every imaginable circumstance, from back-door escape routes to getaways in public places. Believe " When something isn't an unfortunate reality that women are vulnerable to random functions of aggression, from sexual harassment and stalking to physical assaults, domestic violence, date rape and worse. and various other survival tactics that will help you to prepare yourself, stay strong, and Battle LIKE A Lady."Power Factors," The bad guy will need steps to get in your area. Self-protection lecturer and no-nonsense author Lori Hartman Gervasi lays out simple actions and essential decisions females must make BEFORE they find themselves in physical risk to eliminate surprise and panic. DECIDE TO MOVE - If an attacker strikes, don't freeze?get moving!. You have limitless choices and any movement works as long as it network marketing leads to your safety. You and the ones you love are the things worthy of fighting for.what-if.t right, take action, change plans, redirect yourself, and control your destiny!It all's. Break through your dread with instant mobility..s And Don'ts, inspiring " OPT TO RECOGNIZE THE RISK OF THE ORIGINAL ATTACK - When practicing awareness, you can detect risk before it happens.? without also throwing one!along with Defense Do's;AND WIN



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The most empowering and life altering self-defense book I have ever read! A MUST Browse for every girl and teenaged woman in your daily life. (This is my first book review, ever. The author's who strategy is preparation, even considering the consequences, for your self defense. Extremely empowering and thought provoking. Most women and women are taught to become polite, we should never be taught fighting skills because so many boys learn as they grow up. Under no circumstances argue together with your 'gut' emotions, if you're uneasy with someone, someplace, or some situation. Probably would be helpful for many women and women to have this sort of factor taught in junior high universities and high schools within wellness education. I'm so very thankful for this book. As an only kid, who also was raised without a father figure, I lacked the skills and personal preservation that Lori instructs in the book. This book spoke if you ask me on therefore many levels, I started out marking pages, quit and went to highlighting her powerful phrases. These were like flashes of light for me, they startled and jolted me out of my passive thought process and living. Thank you Lori for writing this reserve for me. My company asked me to construct a women's self defense course for mid summertime. I train, study, and learn all I can about potential scenarios for using my gun. My intent was to keep it short (less than 90 mins), teach the participants what natural weapons are available, what targets can be found and give them an opportunity to hit something. It . Heck yes. The Author is fantastic! No. My intent is usually to address the stand up fight and based on how well this program is received, come up with another on the ground fight. I did not really realize how deeply ingrained my passivity, politeness, and fear of anger had taken me. I've loaned it out to a pal who unfortunately, learned as well late that bad issues can and do eventually good women. I plan to give this publication to every teenager and youthful woman heading off to senior high school or university I know. It's going to be part of my graduation gift. Lori, I'm so happy your father trained you to fight! This resource covers all the aspects of defending ourselves whether you are a female or not. Gervasi presents; Positive attitude builder for those who have been motivated to freeze like deer in the headlights. Consider it before it occurs, prepare yourself mentally, evaluate your strengths and weaknesses, and give your self authorization to state, "No" and mean it with every ounce of your getting. I especially loved the section about determining what you would allow and defend. Presently, we train Fridays and Saturdays at the neighborhood rec middle or gymnasium. Although I have taken steps not to become the sheep, as Lori is the dark belt in fighting techinques, I chose to get my CHL, it provides given me a self-confidence and security I never had before. However the permission to protect myself was secretly in question. This book is helping me (a guy) assemble my program. You don't have time, you need to accept the situation for what it is, don't freeze, don't rationalize, react and MOVE! Another book that's of help is usually entitled "The Gift of Fear". I am hoping I do not have to use the techniques that Ms. good book Im not sure why I got into self-defense books, but I am happy I purchased this one. I recommend that one also. Encouraging the attitude of self defense and fighting back as the the many logical and best way to a more favorable outcome when faced with a harmful attacker. Very interesting and really makes you think about stuff and mentally prepare before a bad situation happens. Her chapters on mental consciousness, and making use of your intuition are well worth the price of the book. We have to ALLOW ourselves to proceed there, to accept the instant for what it really is usually, and unleash our inner survival instincts. Five Stars I teach self-defense programs and recommend all women read this book.listen and get out of there. That is for men too This book isn't just for women. Nevertheless, in case you are a ladies or you need the women in your life to be secured, you

and they should examine this book. Compiled by a black-belt feminine martial arts person, the book covers mental and physical decisions to be made well before a crisis, and how to get your safeguard up. She also offers very specific strategies to avert danger aswell concerning protect yourself when things have attended the brink of life-threatening conditions. get this one Awesome! Could I utilize it to defend myself by itself without attempting to rationalize the situation? Enlightening and practical superb advice and cheerleading for women who might experience rather vulnerable, because of the constant barrage of news flash and entertainment showing women as helpless victims. A Must Read My family and I have already been participating in the fighting techinques since 1999.) If you value them, respect them, and wish to empower them give them this book, so they possess a fighting possibility when faced with the unthinkable. useful. I am sending these around to all my family and friends!. We originally found this book at the library. Could I use it to protect my kids?.. I originally found this reserve at the library. It was so informative I decided to buy one for my small sister! Five Stars This was amazing Awesome Every woman, young and outdated, should read this book! but I am (ideally) more aware of my environment, people and potentially dangerous situations, as I really do my everyday living, coming and going. The book isn't trying to instruct you fighting techinques techniques, but rather day to day things that can be done for preparation, recognition, pre-planning and response. Four Stars good book. She clearly breaks down the methods into manageable sections and illustrates the necessity to educate ourselves about threats, defense, and safety. I've with all this to at least three people and suggested it to countless others I've with all this to at least three people and suggested it to countless others. Odds are they WILL have a sexual battery or assault a while in their life.



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