

BULLETPROOF

Safety, Security, and Self-Defense

for the College-Bound Woman

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Bulletproof: Safety, Security & Self-Defense for the College-Bound Woman



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BULLETPROOF MAY BE THE ULTIMATE SURVIVAL Guidebook FOR EVERY YOUNG Female IN COLLEGE Criminal offense can occur to anyone at any time, but when you look at the statistics for just about any criminal offense, you'll see that young women ages 18-24 are disproportionately victimized. You'll hear from experts on topics including simple self-defense techniques, methods predators choose their victims, how to safely navigate dark roads, parking lots, and parking garages, how to make your car less appealing to criminals, identifying the indicators of a possibly violent boyfriend, the way to handle sexual harassment on the job and in the classroom, how exactly to recognize the signals of alcohol poisoning, coping with mental medical issues like anxiety, depressive disorder, and eating disorders, protecting yourself from identification theft, and securing your digital data You will listen to from brave young ladies who survived trauma and tragedy throughout their college years. For every bad issue that can happen, there's a whole list of things you can do to lessen your likelihood of it happening to you. You'll also hear from parents who've dropped daughters under tragic circumstances. It's not a hopeless circumstance. That's what this book is approximately. They share their tales hoping to save lots of other young females. Bulletproof is designed to end up being your go-to college survival guide, assisting you navigate your university years confidently, securely, and securely.



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. When you stop to consider all the dangerous situations young women face, particularly between your ages of 16-24, it's a shame that the info covered in this publication is not being taught in the classroom. I overlooked one of the lessons whilst reading the publication. It really is a common feeling method of everyday concerns inside our life... As a mother of a teen girl and speaker advocate for Make Great Decisions helping teenagers and young adults take note about alcohol, medicines, and various other destructive decisions, and medical amnesty laws and regulations I view this book as essential read and a must keep close by for reference. I have read the entire publication and I cannot wait for my daughter who is a high school junior to read it too. Really this is for all middle college girls and through existence. This book is an excellent resource for all women going to college as .with everything heading on today I would highly recommend this book to anyone who've teens they love and want to greatly help educate them on protecting themselves. Much of what's in this great reserve also applies to young guys. I intend to buy even more copies and present them to my daughter's girlfriends. I will NOT have her wait, as now in senior high school (even middle school) may be the period. The easy-to-read format with testimonials and statistics is actual eye-opener. I recommend this reserve as it could save and improve lives. I'd love to visit a Bulletproof for young men too. Many thanks Leah Severson because of this greatly needed work! I've already given copies to the daughters of multiple close friends; I just want for her to have a little free time to read! . This book is a good resource for all women heading off to college along with any other woman generally. Actually reading and remembering one tip can save a lifestyle! I am middle-aged, believed I knew a whole lot about protection, yet I learned a lot and I want my girl and her friends to have this knowledge and resource. I will buy this book for all my daughters friends that are venturing out in to the world. If there is any complaint at all it really is just that I desire the sexual assault and harassment chapters had been longer, but hey, that might be the next book! Life-saving tips throughout! This is a fascinating and informative read and wonderful for just about any high-school aged girl! Even if she doesn't browse it cover to cover right away, she can open the publication to any page and find a quick read of potentially life-saving details over breakfast. This reserve is filled with stories that will stick with you and remind the reader to be cautious.! honestly, it's a must-read for just about any young woman! I've several granddaughters in college and We purchased a . This books gives parents an instrument not only to teach their daughters about becoming safe and secure, but also to start out conversations about subjects that can be difficult to speak about.. I have several granddaughters in college and I purchased a copy of Bulletproof for every of these.. I was amazed at the security and safety lessons I learned, particularly about identity theft and protecting my digital data. I'm hoping they'll examine it again and again and talk about it with their close friends. Five Stars great tips for just about any young women going to university or moving from her own. I've three daughters, ages 30, 28 and 25 and I'm sending a duplicate to each of them to go through.. of a teen girl and loudspeaker advocate for Make Good Decisions helping teenagers and young adults end up being aware about . Thanks to the author for all the research. Great book on safety I acquired this book for Christmas. I appreciated the testimonials. The writer obviously interviewed many those who have experienced a few of life's hard lessons.. It only underscores the necessity for reading and re-reading the reserve. I am going to make this book something special to my grandchildren and a subject of frequent debate at family gatherings.... Every teen and young woman should read this book! Every teen and young woman should read this reserve! I enjoyed the testimonials Oh my!.. The idea is that people can study from these experiences and hopefully prevent them inside our personal

lives. It really opened my eyes to the dangers out there. I can't believe this is not needed reading in senior high school. Everyone should browse this book.! I believe this book ought to be utilized in the high school system on safety.



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