

THE NEW

TRUST YOUR INTUITION

SUPER

PREDICT DANGEROUS SITUATIONS

POWER

DEFEND YOURSELF FROM THE UNTHINKABLE

FOR WOMEN

STEVE KARDIAN WITH A. CLARA PISTEK

Steve Kardian

The New Superpower for Women: Trust Your Intuition, Predict Dangerous Situations, and Defend Yourself from the Unthinkable



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re experiencing unwelcome interest, experience threatened in a large crowd, or are facing online harassment. This empowering guideline for women to safeguard themselves and themselves, from a self-defense expert and longtime veteran of police, combines commonsense guidance on staying secure with concrete actions on how to proceed if find yourself in a dangerous circumstance. This guidebook is your essential reference to understanding how to remain safe in today' Real-life stories and examples are included to show what criminals search for in a victim. Cyberstalking. Campus assaults. Obtaining drugged at a party by way of a "friend." One out of four ladies will be a victim of a bad crime or assault in her lifetime. Don' simply by trusting your gut. In THE BRAND NEW Superpower for Ladies, Steve Kardian, a thirty-year veteran of police, FBI defense tactics instructor, and an expert on the criminal brain, demonstrates how to become a "hard target" Become familiar with how to prevent being targeted and what to do in a confrontation. Kardian shares proven safety tips, shows how to be proactive in determining potential difficulty, and illustrates defense techniques specially created to enhance the physical strengths of a female.t let this end up being you. Additionally, he displays how the habits of security can become a fundamental element of your daily routine.Works of terror.s world, whether you'lt requires only seven mere seconds for a criminal to choose you as a target.soft target" Kidnapping. and not a " Be prepared. Know the habits of safety to protect yourself and your family members.



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This Reserve is a Existence Saver! We had the privilege of reading an advanced copy of "THE BRAND NEW Superpower for Women" because the author and I were recently reconnected 42 years after an event that changed both of our lives. We don't remember the very first time We met Steve Kardian – due to the fact I was dead. Our possibility encounter occurred one beautiful summer day back in 1974. I was an industrious 8 year outdated child and Steve was a mature-beyond-his-years long-haired senior high school senior out walking along with his girlfriend on the seaside.. NYC Real-world applicability to help keep my daughters safe What I love about this is the real-world applicability of the book. Acquired it not really been for Steve, I might well not be here today. I don't begrudge the onlookers because they were not equipped to do this. They didn't care any significantly less than Steve, but they didn't know what to do and may not overcome their natural responses to the unpredicted and horrifying minute. In this book, Steve passes along what has arrive naturally to him and also what he has learned over an eternity of police and detective work where he has faced hundreds of situations which could have life or death consequences. Steve shares useful insights, adapted fighting techniques techniques, and ways to make it our second character to deal with the unexpected with techniques that we never could usually. I recommend this book since it should be a part of your 'toolbox' on your own personal security! This book talks about the psychology of an attacker, what they need and what they fear. The life that is preserved by learning and applying these principles is possibly yours or someone you love. Understand this for your girl, wife, or girlfriend. I highly recommend this book. Over a decade ago, I became a Women's Self Defense Instructor under Defend University. I am also a Gracie Purple Belt in Gracie Jiu Jitsu. Not only was it very thorough in terms of how to overcome safety in a realistic way, it had been also well written and clear to see. I've assisted in numerous female self-defense courses but that's where I actually nodded and knew that this is the items that makes feeling and works for women and an easy task to absorb. Educating females is certainly his calling. This book is among the many ways for him to talk about his understanding. Kardian is a true professional who understands his stuff and provides projected his understanding into this book for a genuine and true advantage to women of all ages. You will examine his own circumstances and other's. You will read on how to "trust your instinct" the very first time.!!E. Buy this publication and you will further see that you can attend in person practical women's self-defense classes for a straight further level of self protection. Realizing that really helps to apply the principles to keep you, your spouse, or daughters safe, particularly when it comes to avoiding the initial strike. For all females- and for kids! Become familiar with about date rape medications, ways to get out of a situation and so a lot more.. You will develop a blue printing. Having a plan will save you mere seconds that will save your valuable lifestyle. You have one life. This book is crucial read, for all women and especially for those college aged. This reserve is usually your encyclopedia of safety. Five Stars Great book with a lot of useful information. I educate my kids slight variations of a few of the techniques found in the book, however the concepts and methods are solid and can be applied to avoid, stop, or escape the attack since it occurs. Every college freshman should have this publication before entering university. I highly recommend this book. Best book about Self-Defense; I've read all of them! I am a black-belt and a qualified rape-defense instructor and have read every book on the topic of self-defense. This is by far the BEST book I've continue reading the subject. Not only is the information applicable and relevant, this publication captures your attention with its true stories. I also train self-protection in P. This book includes knowledge and techniques which are INSTINCTIVE so that you can learn. As I continue steadily to provide seminars for ladies in my college, I'm always looking for better and better info and education to further equip them. This

reserve will prepare people alike for university, traveling and the "true" globe. Captivating and Empowering!! Steve Kardian is definitely engaging and credible. THE REAL THING Book to Buy I read and then had to get 14 copies of this book for relatives and buddies. I consider purchasing more because this is a significant book for ladies and their safety. Practical ideas. As a Board Certified Protection Professional as well as a retired Law Enforcement Officer, I review learning materials and products to be able to recommend them to customers or incorporate them into Protection Plans. I came across this book to become the real thing in it is practical, insightful and easy to understand to retain the lessons trained in this book for each and every day existence. Mr. This book begins with the story behind Steve's personal life on what his calling was taken to him, without his knowledge at that time.. Females of all age can do these methods and a video can be available if you find out better by practical. Mitch G. A crowd of seaside goers appeared on in horror and frozen panic. Having three daughters of my very own, with one going to university this next season, there are a great number of very helpful tips and techniques that can keep my daughter's safe. While Steve targets women's self-protection, the concepts of how to tune into your organic instincts, overcome your natural fear responses, and consider decisive action can connect with unexpected and dangerous circumstances that can happen in anyone's life at any moment. You can know all of the techniques in the globe but without being mentally strong, you may not survive. In addition to the concepts, real-existence scenarios are talked about with clear examples in regards to what could be said or carried out to avoid and prevent the strike. This is VERY useful and easy to follow therefore it could be applied. My background is certainly in Krav Maga. It's the perfect gift for your loved one no matter what age.. This book is SPOT ON for Women's Personal Protection When it comes to teaching personal protection for women, Steve Kardian is at the very best of the mountain. This is actually the only book I would recommend right now when this subject comes up. classes, so I'll make this publication mandatory for my college students to read as well. I purchased Steve's book last week, a few days prior to a Women's Personal Safety seminar.... Become familiar with how to be a hard focus on. and I had not been disappointed. I scoured the pages and browse the book in 2 times. What Steve has been able to do is present the intuitive and recognition areas of protecting oneself; Helpful and Practical Great reserve.. In Chapter 6, you will read how he literally pulled me from my grave and breathed lifestyle back into my dead body. The book is crucial have! mothers, wives, close friends, daughters, etc. Many thanks Steve for this info. As a husband and as a dad to a lovely 18 year old daughter, I implore everyone to learn this book and talk about it with your loved ones - male and woman, young and aged. I am buying dozens of this book to give away in my Women's Personal Protection Seminars. and having a casino game plan at a rate that hits house for not only women, also for men who have females in their life. Steve tells you how to become strong and instinctive.! Listen to the voice within you. Super! :-) Quick read. A one of it's kind. Trust your intuition! Great!. The key is to practice and role-play with friends or family to fully internalize what's needed to keep you and your family safe.--Greg B A book of knowledge for all females. SO much helpful information for ladies to stay safe. Must be handed to every female that's on a college campus. I liked that it was compiled by an ex professional crime fighter who executed his very own experiments to pull conclusions on how women can make themselves safer. I joined his instructors course when I was looking for straight forward self-defense that I possibly could teach women that would be easy to retain and was applicable to REAL LIFE situations that females encounter. This book is great. This is the only book I recommend now ... This book is excellent. As a Brazilian Jiu-Jitsu Instructor and school owner, I brought Steve to my Academy a few years back to show some classes, and his understanding of,

and enthusiasm for empowering ladies to 'not be a statistic' completely blew me apart. The materials is presented in precise understandable way and addresses most of the things to keep women secure. Empowering & Jane Jitsu (formerly Fight Like a Girl) I have had the pleasure of knowing Steve Kardian in the last 11 years and also have become a certified instructor under his plan, Jane Jitsu (formerly Fight Like a Lady). Would make an excellent book club reserve. I am another level martial artist who loves to teach women's self defense, empowering females with the knowledge to guard themselves against predators. When I noticed he was composing a self defense publication I was thrilled and I couldn't wait for a copy to be available! This book provides to paper the enthusiasm that Steve provides for women's safety and the insightful instruction he teaches in his classes.. You won't be disappointed. This book is crucial read, for all women . I loved that it was compiled by an ex professional criminal offense . I will continue steadily to recommend this publication without reservation and also gift it to ladies who want that edge. You need to figure out how to protect it, survive it and live it. Steve's knowledge is founded on experience and research and not on a narrowly focused martial art. There is so much junk out there..!on the internet and elsewhere. This is actually the real deal. it was also well crafted and clear to see THE BRAND NEW Superpower for Women was a casino game changing book for me personally. I have had the privileged of dealing with Steve Kardian on many occasions. Steve Kardian has already established a long time of actual knowledge in the field and has been a innovator in the movement to teach and empower females to identify and use their organic abilities. I am purchasing many more to give as gifts to my girl and sister.



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