

NO MORE

*Facing the
7 People-Dangers
for Young Ladies*

Book 1 of 3

ROBBER
BULLY
KILLER
ABUSER
TERRORIST



By Marcy Shoberg

Ms. Marcy Shoberg

Not Prey: Facing the 7 People-Dangers for Young Ladies Book 1
(Volume 1)



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Written for females ages 14 to 24, the Not Prey books empower high school and university ladies to stand up for themselves when facing any interpersonal risk including bullying, robbery, abduction, and more. With chapter assignments and questions for discussion, it is ideal for self-improvement or even to lead an organization class. Book one introduces the 7 people-dangers and thoroughly explains usage of brain, demeanor, tone of voice, weapon, and body as equipment of self-protection.



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Excellent resource for young women and girls! This reserve reinforces what I show in my classes and ideally what many people train. I anticipate obtaining the additional books in this series. I've been an Empowerment Self-Protection instructor for over 16 years in Belize, Central America. It's a great tool for somebody as an launch and hopefully impetus to allow them to take a self-defense course, but also an excellent way to review what's been discovered before. It delves into many more situations than could be covered in a short series of self-defense classes. This publication is a wonderful resource to get young women (and really females of any age) to focus on their environment, take advantage of their instincts, and be safer in their each day lives. An easy-read with thought provoking scenarios, questions and exercises to do at home. Makes you consider defense in advance This book is a good introduction to self-defense and awareness for those who have never taken a class, and an excellent reminder for people who have. A must-go through and great gift for all senior high school and university bound young ladies. Self protection is personal love Very important info for everybody, not just women, to know! In these times, that is essential read for mature teenagers and teenagers for his or her overall safety Having taught women's self-defense, I came across this book very thoughtful and useful. I am recommending this book to all of the women and girls who've taken my courses. Even if you took self-defense classes, I believe this reserve will boost a ladies confidence. From the reserve: "In situations where running is an unhealthy choice, fighting could be necessary. Please, before you examine further, say aloud, "I am important enough to battle for." ~ Marcy Shoberg. Realizing that you are important more than enough to have this information is the first step.



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