



Self Defence and Protection Awareness For Women: The Art of Self Belief (Paperback)

By Alison Sharman

AUTHORHOUSE, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The book begins with a A Night to Remember , this is the true story of an attack upon Alison Sharman, a 20 year old young mother pushing her 10 week old daughter through the street of Halifax, England on a cold winters evening. It explains the circumstances of the attack and how the young mum fought back to preserve the life of her and her young baby. The story incorporates how she was treated by the local Police and because she never saw the attackers face how she feared he would be coming after her and how Alison fought back by deciding to join the local Police and eventually chose the career path of being a Detective. Due to Alison s experience as a Karate expert and being a detective she designed a course for women around Self Defence Techniques and complete protection Awareness, The Art Of Self Belief based on her own life experience and how she chose to fight back. The first chapter covers basic awareness when in your home or in the street or travelling in your car. The...



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