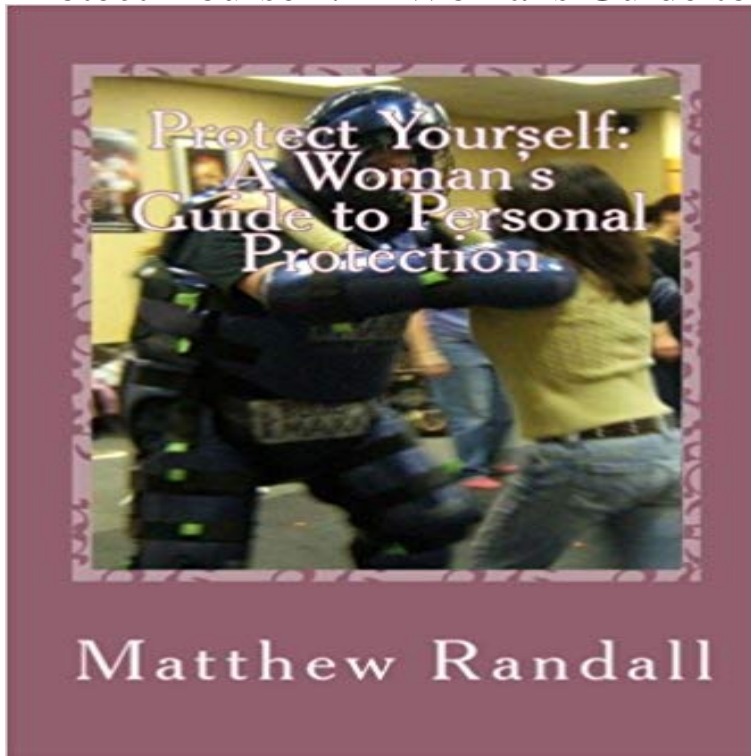


Protect Yourself: A Womans Guide to Personal Protection



This book is designed to be a practical reference for women interested in learning simple and effective techniques for self-defense. It represents the best of Master Randall's 25+ years of expertise in teaching women's personal protection. Women of all ages and physical ability can use these techniques to protect themselves and discourage an attacker.

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