



## 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...

DOWNLOAD



READ ONLINE

[ 2.57 MB ]

### Reviews

*If you need to adding benefit, a must buy book. I have read through and i also am confident that i will likely to study again once again in the future. I am very happy to tell you that here is the best pdf i have read through in my personal existence and may be he finest ebook for actually.*

-- **Mabelle Tillman**

*Most of these publication is the ideal ebook readily available. it was actually writtern very flawlessly and beneficial. I discovered this book from my i and dad suggested this book to find out.*

-- **Prof. Lavern Brakus**

## You May Also Like



**[Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback](#)**

Book Condition: Brand New. Book Condition: Brand New.



**[Comic eBook: Hilarious Book for Kids Age 5-8: Dog Farts Dog Fart Super-Hero Style \(Fart Book: Fart Freestyle Sounds on the Highest New Yorker Skyscraper Tops Beyond\)](#)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.BONUS - Includes FREE Dog Farts Audio Book for Kids Inside! For a very time limited period you can download...



**[The Snow Baby A True Story with True Pictures](#)**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 84 pages. Dimensions: 11.0in. x 8.5in. x 0.2in. A review from Kindergarten Review, Volume 12: Many young children have become so well acquainted with Agoonack, the typical little...



**[Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home](#)**

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



**[Child and Adolescent Development for Educators with Free Making the Grade](#)**

Book Condition: Brand New. Book Condition: Brand New.



**[Baby 411 Clear Answers and Smart Advice for Your Babys First Year by Ari Brown and Denise Fields 2005 Paperback](#)**

Book Condition: Brand New. Book Condition: Brand New.