

## **Protect Yourself! A Woman's Handbook: How to be Safer in the Streets, in the Home, at Work, When Travelling**

Davies, Jessica, author

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### **Abstrak**

A handbook for all women who want to live full and independent lives fearlessly and with minimum risk to personal safety. Throughout the book, the emphasis is on preventing theft or attack rather than on self-defence, whether in the street, in the home, at work or travelling.