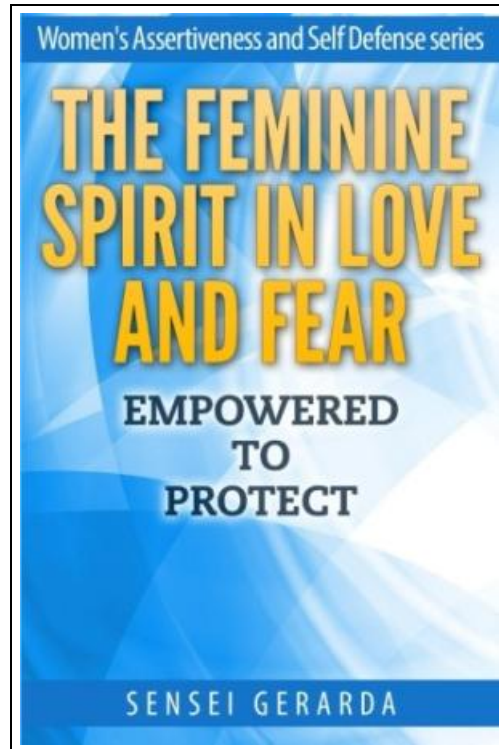


Feminine Spirit in Love and Fear.: Empowered to Protect (Paperback)



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Reviews

This ebook is wonderful. Of course, it really is perform, nevertheless an interesting and amazing literature. Its been printed in an extremely straightforward way and it is simply after i finished reading this ebook where in fact changed me, modify the way i believe.
(Prof. Maxwell Stracke)

FEMININE SPIRIT IN LOVE AND FEAR.: EMPOWERED TO PROTECT (PAPERBACK)



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Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is about: Discovering your personal power within, What you love, The hidden power within love and fear, Building your confidence, How to Stand strong, Action with integrity, When love turns into fear what do you do? When your beloved becomes struck with rage against you or yours how does one expect a woman to react? Sensei Gerarda explores the concept of how to assert yourself in these situations using century old self defense techniques, drawing on her personal journey of multiple Martial Arts codes to provide a framework of answers to the above confronting questions. Sensei Gerarda promotes self awareness and the belief system that women should not just put up with any psychological, emotional or physical violence directed against them. When a woman is empowered mentally to cope with such situations then should the need to defend oneself arise the physical ability to do so would become automatic, without fear or reprisals. Women must learn the skills to deal with the assailant. We must be emotionally prepared and physically able to react to the unexpected assault and pass onto our daughters and sisters the skills necessary for self preservation. Just like learning to minor motor mechanic your own car engine, we need to know the basics of academic theory and put into practice the techniques delivered by expert instruction in self defence. As a 3rd dan black belt in karate, a first Dan in jujitsu and a researcher into women s advocacy this series of self defense books take from a personal journey a will and capability to provide an instructive framework for all women. Do not allow domestic/social violence to demoralise your ability to become an empowered and assertive...



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