



# See Sally Kick Ass: A Woman's Guide to Personal Safety

*Fred Vogt*

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## **How to stay safe, but if necessary, how to kick ass!!**

See Sally Kick Ass: A Woman's Guide to Personal Safety is the girl's answer on how to be safe in today's world. This book provides over 650 helpful safety suggestions to incorporate into your everyday life. These ideas include tips for at home, in the car, shopping, and traveling, to making your children safer, to date rape prevention. While the book focuses primarily on prevention, it acknowledges things happen and therefore teaches self-defense techniques that are direct and highly effective. There are 134 pictures illustrating how to defend yourself and how to stop an attacker in his tracks.

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