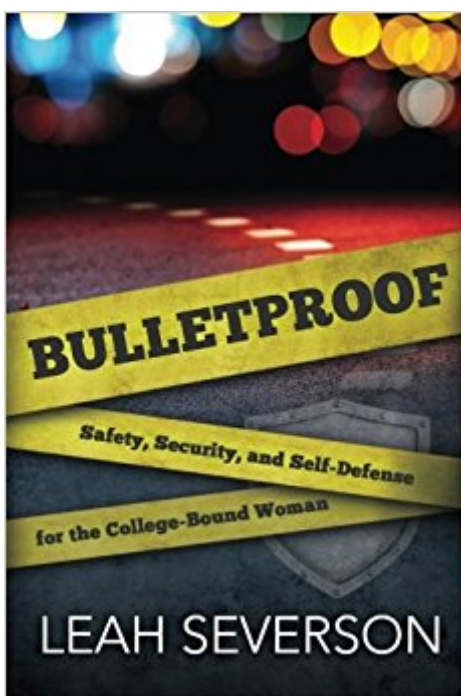


The book was found

Bulletproof: Safety, Security & Self-Defense For The College-Bound Woman



Synopsis

BULLETPROOF IS THE ULTIMATE SURVIVAL GUIDE FOR EVERY YOUNG WOMAN IN COLLEGE Crime can happen to anyone at any time, but when you look at the statistics for just about any crime, you'll see that young women ages 18-24 are disproportionately victimized. It's not a hopeless situation. For every bad thing that could happen, there's a whole list of things you can do to lessen your chances of it happening to you. That's what this book is about. You'll hear from experts on topics including simple self-defense techniques, ways predators select their victims, how to safely navigate dark streets, parking lots, and parking garages, how to make your car less attractive to criminals, identifying the warning signs of a potentially violent boyfriend, how to handle sexual harassment on the job and in the classroom, how to recognize the signs of alcohol poisoning, dealing with mental health issues like anxiety, depression, and eating disorders, protecting yourself from identity theft, and securing your digital data You will hear from brave young women who survived trauma and tragedy during their college years. You'll also hear from parents who've lost daughters under tragic circumstances. They share their stories hoping to save other young women. Bulletproof is designed to be your go-to college survival guide, helping you navigate your college years confidently, safely, and securely.

Book Information

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Customer Reviews

Bulletproof was written by Leah Severson as a way to prepare her own teenage daughters to safely navigate the world. Leah has a degree in journalism from Florida International University and spent more than a decade working in television news. She is a certified self-defense instructor and a

facilitator for the One Love Foundation, an organization whose mission is to educate young people about relationship violence. She spent more than four years researching the safety and security issues young women face and interviewing dozens of victims and their relatives, along with experts in crime, mental health issues, self-defense and personal protection. This is her second book.

As a mom of a teen girl and speaker advocate for Make Good Decisions helping teens and young adults be aware about alcohol, drugs, and other destructive decisions, and medical amnesty laws I view this book as a must read and a must keep nearby for reference. I have read the entire book and I cannot wait for my daughter who is a high school junior to read it too. I will NOT have her wait, as now in high school (even middle school) is the time. I just need for her to have a little free time to read!! Much of what is in this great book also applies to young men. I would love to see a Bulletproof for young men too. Really this is for all middle school girls and through life. I am middle-aged, thought I knew a lot about safety, yet I learned a lot and I want my daughter and her friends to have this knowledge and resource. I highly recommend this book as it can save and improve lives. I plan to buy more copies and give them to my daughter's girlfriends. Thank you Leah Severson for this greatly needed work!!

This is an interesting and informative read and wonderful for any high-school aged girl! Even if she doesn't read it cover to cover right away, she can open the book to any page and find a quick read of potentially life-saving information over breakfast. This book is full of stories that will stay with you and remind the reader to always be cautious. I've already given copies to the daughters of multiple friends; honestly, it's a must-read for any young woman!

This book is a great resource for all women heading off to college as well as any other woman in general. Even reading and remembering one tip can save a life! The easy-to-read format with testimonials and statistics is real eye-opener. I will buy this book for all my daughters friends that are venturing out into the world. If there is any complaint at all it is just that I wish the sexual assault and harassment chapters were longer, but hey, that might be the next book!

I have several granddaughters in college and I purchased a copy of Bulletproof for each of them. I can't believe this is not required reading in high school. I was surprised at the safety and security lessons I learned, particularly about identity theft and protecting my digital data. I'm hoping they'll read it again and again and share it with their friends.

great tips for any young women going to college or moving out on her own.

Oh my! Everyone should read this book. It is a common sense approach to everyday concerns in our life. The author obviously interviewed many people who have experienced some of life's hard lessons. The idea is that we can learn from these experiences and hopefully avoid them in our personal lives. I enjoyed the testimonials. Thanks to the author for all of the research. I ignored one of the lessons even while reading the book. It only underscores the need for reading and re-reading the book. I am going to make this book a gift to my grandchildren and a topic of frequent discussion at family gatherings.

Every teen and young woman should read this book! I have three daughters, ages 30, 28 and 25 and I'm sending a copy to each of them to read. When you stop to consider all the dangerous situations young women face, particularly between the ages of 16-24, it's a shame that the information covered in this book is not being taught in the classroom. This books gives parents a tool not only to teach their daughters about being safe and secure, but also to start conversations about subjects that can be difficult to talk about.

"I just finished your book and this is an all around excellent guide for any college student!

I'm impressed with all the topics that you covered and the real life stories are what really make the education sink in even more. Awareness and mindset are what saves lives and most teenage girls have had zero training on self-protection skills. Outstanding job."

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