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DANIKA CESAR

The New Superpower for Women Routledge

Somewhere in America right now are four or five women who will be killed tomorrow. They are going about their day, and I know if they were prepared to counter attack in the ways Loren Christensen and Lisa Place teach, they'd have a far better chance of prevailing tomorrow. - Gavin de Becker (from his Foreword), best-selling author of *The Gift of Fear* Some "experts" say you should be submissive when attacked at home or by a stranger. You won't find that advice here, although you might use it as a ruse before you claw your assailant's eyes and smash his groin. Your ultimate goal is to get away, but you don't achieve that by being meek and docile. You get away by drawing on that hardwired survival instinct to attack him like an enraged lioness protecting her babies. In *Self-Defense for Women: Fight Back*, martial arts experts Loren W.

Christensen and Lisa Place teach you to use your hands, forearms, elbows, teeth, knees, and feet to survive the attacks unsuspecting women become the victims of every day. And you will learn that you're surrounded by a limitless cache of weapons you can use to your advantage against a larger assailant. - How to recognize and assess a threat - How to de-escalate a bad situation - 7 basic defensive techniques any woman can use effectively - Advanced skills for when you want to know more - How to identify and use everyday objects as defensive weapons - What to practice to prepare for a potential confrontation - How to practice at home, alone, and with a partner - Why you need to be physically fit and how to make a fitness plan - How to use fear as a weapon - The power of your mind and how to harness it for self-defense you're ready to learn to fight back, Loren and Lisa know exactly what you need to survive an attack in your home or on the street."

Women Can't Hear What Men Don't Say Simon and Schuster

Studies of gender and American political life most often focus only on women. This book fills the gap by examining and comparing the roles and behavior of both men and women in political decision-making, public policy, and political institutions. Now updated and expanded, the book

presents a full complement of empirical studies of real and imagined gender gaps. New to this edition are chapters on the media, legislative behavior, foreign policy, and the future of the gender dimension in American politics. The book is structured to parallel the typical course on the American political system.

Women in War Cambridge Scholars Publishing

A New York Times Book Review Notable Book "Whom to marry, and when will it happen—these two questions define every woman's existence." So begins *Spinster*, a revelatory and slyly erudite look at the pleasures and possibilities of remaining single. Using her own experiences as a starting point, journalist and cultural critic Kate Bolick invites us into her carefully considered, passionately lived life, weaving together the past and present to examine why she—along with over 100 million American women, whose ranks keep growing—remains unmarried. This unprecedented demographic shift, Bolick explains, is the logical outcome of hundreds of years of change that has neither been fully understood, nor appreciated. *Spinster* introduces a cast of pioneering women from the last century whose genius, tenacity, and flair for drama have emboldened Bolick to

fashion her life on her own terms: columnist Neith Boyce, essayist Maeve Brennan, social visionary Charlotte Perkins Gilman, poet Edna St. Vincent Millay, and novelist Edith Wharton. By animating their unconventional ideas and choices, Bolick shows us that contemporary debates about settling down, and having it all, are timeless—the crucible upon which all thoughtful women have tried for centuries to forge a good life. Intellectually substantial and deeply personal, *Spinster* is both an unreservedly inquisitive memoir and a broader cultural exploration that asks us to acknowledge the opportunities within ourselves to live authentically. Bolick offers us a way back into our own lives—a chance to see those splendid years when we were young and unencumbered, or middle-aged and finally left to our own devices, for what they really are: unbounded and our own to savor. **Girlhood** The Rosen Publishing Group, Inc

The End of Patriarchy asks one key question: what do we need to create stable and decent human communities that can thrive in a sustainable relationship with the larger living world? Robert Jensen's answer is feminism and a critique of patriarchy. He calls for a radical feminist challenge to institutionalized male dominance; an uncompromising rejection of men's assertion of a right to control women's sexuality; and a demand for an end to the violence and coercion that are at the heart of all systems of domination and subordination. The End of Patriarchy makes a powerful argument that a socially just society requires no less than a radical feminist overhaul of the dominant patriarchal structures.

Women on the Defensive Penguin

When Feminist Theory: From Margin to Center was first published in 1984, it was welcomed and praised by feminist thinkers who wanted a new vision. Even so, individual readers frequently found the theory "unsettling" or "provocative." Today, the blueprint for feminist movement presented in the book remains as provocative and relevant as ever. Written in hooks's characteristic direct style, Feminist Theory embodies the hope that feminists can find a common language to spread the word and create a mass, global feminist movement.

Stand Your Ground UBC Press

George Gissing's *The Odd Women* dramatizes key issues relating to class and gender in late-Victorian culture: the changing relationship between the sexes, the social impact of 'odd' or 'redundant' women, the cultural impact of 'the new woman,' and the opportunities for and conditions of employment in the expanding service sector of the economy. At the heart of these issues as many late Victorians saw them was a problem of the imbalance in the ratio of men to women in the population. There were more females than males, which meant that more and more women would be left unmarried; they would be 'odd' or 'redundant,' and would be forced to be independent and to find work to support themselves. In the Broadview edition, Gissing's text is carefully annotated and accompanied by a range of documents from the period that help to lay out the context in which the book was written. In Gissing's story, Virginia Madden and her two sisters are confronted upon the death of their father with sudden impoverishment. Without training for employment, and desperate to maintain middle-class respectability, they face a daunting struggle. In Rhoda Nunn, a strong feminist, Gissing also presents a strong character who draws attention overtly to the issues behind the novel. *The Odd Women* is one of the most important social novels of the late nineteenth century.

Driven Apart Rodale

Learn the fast escape maneuvers combined with powerful counterattacks that make Krav Maga the world's most effective self-defense martial art. With its emphasis on instinctive movements and efficient counterattacks, Krav Maga is the ideal self-defense system for any woman regardless of strength, size or age. Targeting its easiest-to-learn and most effective moves, Krav Maga for Women presents techniques and tips that quickly give you the skills and mindset to defend yourself against an attacker. As the official defensive tactics system of the Israeli Defense Forces, Krav Maga has been battle-tested on the front lines and backstreets. With Krav Maga for Women, you can gain the physical and tactical tools to protect yourself and loved ones. With more than 300 step-by-step photos, Krav Maga for Women makes it easy to learn the world's best self-defense system, including: Disabling strikes Effective escapes Real-world defenses

Feminist Theory Broadview Press

The New York Times best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive

moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

A Body Worth Defending Simon and Schuster

How does reshaping local government affect citizen involvement in public life? As cities move between centralized and decentralized governance and conservative and progressive leadership, what brings out the best and the worst in civic engagement? In this thought-provoking book, Sylvia Bashevkin examines the consequences of divergent restructuring experiences in London and Toronto. By focusing on the forced amalgamation of local boroughs in Toronto and the creation of a new metropolitan authority in London, she explores the fallout for women as urban citizens. Ultimately, context is crucial to whether municipal change signals pessimism or promise.

On Blue's Waters Macmillan

This popular textbook offers a thorough and accessible approach to Canadian Studies through comparative analyses of Canada and the United States, their histories, geographies, political systems, economies, and cultures. Students and professors alike acknowledge it as an ideal tool for understanding the close relationship between the two countries, their shared experiences, and their differing views on a range of issues. Fully revised and updated, the second edition of Canadian Studies in the New Millennium includes new chapters on Demography and Immigration Policy, the Environment, and Civil Society and Social Policy, all written by leading scholars and educators in the field. At a time in which there is a growing mutual dependence between the US and Canada for security, trade, and investment, Canadian Studies in the New Millennium will continue to be a valuable resource for students, educators, and practitioners on both sides of the border.

Women's Handgun and Self-Defense Fundamentals Verso Books

Firmly grounded in scientific research, this book reveals that women follow a predictable developmental course through adulthood. Work and marriage relationships, personal crisis, emotional states, and behavior can all be related to this grand pattern. But in the case of women, the situation is made far more complicated by gender biases.

Eve in Exile: The Restoration of Femininity Pen and Sword

From one of our most important scholars and civil rights activist icon, a powerful study of the women's liberation movement and the tangled knot of oppression facing Black women. "Angela Davis is herself a woman of undeniable courage. She should be heard."—The New York Times Angela Davis provides a powerful history of the social and political influence of whiteness and elitism in feminism, from abolitionist days to the present, and demonstrates how the racist and classist biases of its leaders inevitably hampered any collective ambitions. While Black women were aided by some activists like Sarah and Angelina Grimke and the suffrage cause found unwavering support in Frederick Douglass, many women played on the fears of white supremacists for political gain rather than take an intersectional approach to liberation. Here, Davis not only contextualizes the legacy and pitfalls of civil and women's rights activists, but also discusses Communist women, the murder of Emmitt Till, and Margaret Sanger's racism. Davis shows readers how the inequalities between Black and white women influence the contemporary issues of rape, reproductive freedom, housework and child care in this bold and indispensable work.

Krav Maga for Women University of Toronto Press

In *Women Can't Hear What Men Don't Say*, Dr. Warren Farrell demonstrates how gender-based anger at home, in the workplace, in omnipresent media images, and throughout the overall culture combines with men's own fear of speaking out to misrepresent the inner and outer reality of men's lives. Looking at the world from the perspectives of both men and women, Dr. Farrell provides a remarkable communication program to assist couples in moving beyond the current tripwire assumptions that lead to so much gender-based conflict, and to allow them to understand and love each other more fully than ever. His methods are the culmination of thirty years of experience with thousands of men and women in workshops, groups, and seminars. They prove that strategies that create love at home can also produce success and respect in the workplace.

Transforming the Nation Vintage

What can you uniquely give the world? We often sell ourselves short with self-limiting beliefs, but most of us would be amazed and delighted to know that we do have something special - our distinctive passions and talents - to offer. And what if I told you that what you have to give will also

enable you to live a life of true contentment? How is that possible? It happens when you embrace and curate your own simply luxurious life. We tend to not realize the capacity of our full potential and settle for what society has deemed acceptable. However, each of us has a unique journey to travel if only we would find the courage, paired with key skills we can develop, to step forward. This book will help you along the deeper journey to discovering your best self as you begin to trust your intuition and listen to your curiosity. You will learn how to: - Recognize your innate strengths - Acquire the skills needed to nurture your best self - Identify and navigate past societal limitations often placed upon women - Strengthen your brand both personally and professionally - Build a supportive and healthy community - Cultivate effortless style - Enhance your everyday meals with seasonal fare - Live with less, so that you can live more fully - Understand how to make a successful fresh start - Establish and mastermind your financial security - Experience great pleasure and joy in relationships - Always strive for quality over quantity in every arena of your life Living simply luxuriously is a choice: to think critically, to live courageously, and to savor the everydays as much as the grand occasions. As you learn to live well in your everydays, you will elevate your experience and recognize what is working for you and what is not. With this knowledge, you let go of the unnecessary, thus simplifying your life and removing the complexity. Choices become easier, life has more flavor, and you begin to feel deeply satisfying true contentment. The cultivation of a unique simply luxurious life is an extraordinary daily journey that each of us can master, leading us to our fullest potential.

White Fragility Ballantine Books

In every major city in the world there is a housing crisis. How did this happen and what can we do about it? Everyone needs and deserves housing. But today our homes are being transformed into commodities, making the inequalities of the city ever more acute. Profit has become more important than social need. The poor are forced to pay more for worse housing. Communities are faced with the violence of displacement and gentrification. And the benefits of decent housing are only available for those who can afford it. In *Defense of Housing* is the definitive statement on this crisis from leading urban planner Peter Marcuse and sociologist David Madden. They look at the causes and consequences of the housing problem and detail the need for progressive alternatives. The housing crisis cannot be solved by minor policy shifts, they argue. Rather, the housing crisis has deep political and economic roots—and therefore requires a radical response.

Beauty Bites Beast Rosetta Books

The swooning Victorian ladies and the 1950s housewives genuinely needed to be liberated. That much is indisputable. So, First-Wave feminists held rallies for women's suffrage. Second-Wave feminists marched for Prohibition, jobs, and abortion. Today, Third-Wave feminists stand firmly for nobody's quite sure what. But modern women—who use psychotherapeutic antidepressants at a rate never before seen in history—need liberating now more than ever. The truth is, feminists don't know what liberation is. They have led us into a very boring dead end. *Eve in Exile* sets aside all stereotypes of mid-century housewives, of China-doll femininity, of Victorians fainting, of women not allowed to think for themselves or talk to the men about anything interesting or important. It dismisses the pencil-skirted and stiletto-heeled executives of TV, the outspoken feminists freed from all that hinders them, the brave career women in charge of their own destinies. Once those fictionalized stereotypes are out of the way—whether they're things that make you gag or things you think look pretty fun—Christians can focus on real women. What did God make real women for?

The End of Patriarchy St. Martin's Press

Mona Chollet's *In Defense of Witches* is a "brilliant, well-documented" celebration (Le Monde) by an acclaimed French feminist of the witch as a symbol of female rebellion and independence in the face of misogyny and persecution. Centuries after the infamous witch hunts that swept through Europe and America, witches continue to hold a unique fascination for many: as fairy tale villains, practitioners of pagan religion, as well as feminist icons. Witches are both the ultimate victim and the stubborn, elusive rebel. But who were the women who were accused and often killed for witchcraft? What types of women have centuries of terror censored, eliminated, and repressed? Celebrated feminist writer Mona Chollet explores three types of women who were accused of witchcraft and persecuted: the independent woman, since widows and celibates were particularly targeted; the childless woman, since the time of the hunts marked the end of tolerance for those who claimed to control their fertility; and the elderly woman, who has always been an object of at best, pity, and at worst, horror. Examining modern society, Chollet concludes that these women continue to be harassed and oppressed. Rather than being a brief moment in history, the persecution of witches is an example of society's seemingly eternal misogyny, while women today

are direct descendants to those who were hunted down and killed for their thoughts and actions. With fiery prose and arguments that range from the scholarly to the cultural, *In Defense of Witches* seeks to unite the mythic image of the witch with modern women who live their lives on their own terms.

[Survive the Unthinkable](#) McGill-Queen's Press - MQUP

Buecheler explains why women's movements arise, the forms of organization they adopt, the diversity of ideologies they espouse, and the class and racial composition of women's movements. He also helps us to understand the roots of countermovements, as well as the mixture of successes and failures that has characterized both past and present women's movements. While recognizing both the setbacks and the victories of the contemporary movement, Buecheler identifies grounds for relative optimism about the lasting consequences of this ongoing mobilization.

[Self-Defense for Women](#) Bloomsbury Publishing USA

For over a decade, *Small Dojo Big Profits* has guided martial arts instructors through the risky yet highly rewarding process of starting and running a highly successful and profitable martial art school. Eschewing the conventional wisdom that says you must have a huge school with 300 or more students to be financially successful, the author instead shows you how to take on less risk

while working smarter and not harder by running a lean, mean, efficient martial arts studio operation. Author Mike Massie has started three successful martial arts studios from scratch, and has the distinction of opening his first studio with no start-up capital, zero credit, and in a town where he was a complete stranger. Yet, he was able to go from teaching in part-time locations to running his own full-time studio in under a year, and he achieved this while staying in profit from month one. The process he followed is the same one this book is based upon, and this updated version of *Small Dojo Big Profits* also draws on the author's experience in starting and growing two more successful studios during the recent mortgage crisis and economic recession. A common sense martial arts school start-up and business operations manual, this completely updated version of the classic martial arts business guide is perfect for anyone who wants to maintain their integrity while building a successful martial art school. If you're looking for the best source of complete information for starting, launching, growing, and running a martial art school from scratch, this is it.

The Unwomanly Face of War Oxford University Press

National Book Critics Circle Award Winner National Bestseller Lambda Literary Award Finalist NAMED ONE OF THE BEST BOOKS OF THE YEAR BY TIME * NPR * The Washington Post * Kirkus Reviews * Washington Independent Review of Books * The Millions * Electric Literature * Ms Magazine * Entropy Magazine * Largehearted Boy * Passerbuys "Irreverent and original." -New

York Times "Magisterial." -The New Yorker "An intoxicating writer." -The Atlantic "A classic!" -Mary Karr "A true light in the dark." -Stephanie Danler "An essential, heartbreaking project." -Carmen Maria Machado A gripping set of stories about the forces that shape girls and the adults they become. A wise and brilliant guide to transforming the self and our society. In her powerful new book, critically acclaimed author Melissa Febos examines the narratives women are told about what it means to be female and what it takes to free oneself from them. When her body began to change at eleven years old, Febos understood immediately that her meaning to other people had changed with it. By her teens, she defined herself based on these perceptions and by the romantic relationships she threw herself into headlong. Over time, Febos increasingly questioned the stories she'd been told about herself and the habits and defenses she'd developed over years of trying to meet others' expectations. The values she and so many other women had learned in girlhood did not prioritize their personal safety, happiness, or freedom, and she set out to reframe those values and beliefs. Blending investigative reporting, memoir, and scholarship, Febos charts how she and others like her have reimagined relationships and made room for the anger, grief, power, and pleasure women have long been taught to deny. Written with Febos' characteristic precision, lyricism, and insight, *Girlhood* is a philosophical treatise, an anthem for women, and a searing study of the transitions into and away from girlhood, toward a chosen self.

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