



## The Unique Triple a Safety Handbook: How to Defend Yourself Without a Fight (Paperback)

By Diane a Robinson

Diane A. Robinson, United States, 2015. Paperback. Book Condition: New. Janelle Carbajal (illustrator). large type edition. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Purse-snatching. Carjacking. Mugging. Computer hacking. Day and night, the world can be a dangerous place. Wouldn't it be great if we had a guide to staying safe? Diane Robinson, a retired law enforcement officer, crime prevention expert, and safety advisor, has taken her thirty years of experience and teachings to create the premier safety manual. The Unique Triple Triple A Safety Handbook: How to Defend Yourself Without a Fight stands apart as a perpetual calendar format with resources and techniques based upon three key principles: ALERTNESS, AWARENESS and AVOIDANCE. This comprehensive book includes monthly crime themes followed with daily empowering affirmations based on the three key principles, worksheets, tests, and space for daily notes. With its easy to read, large print, The Unique Triple Triple A Safety Handbook is also portable, at home on a nightstand, in a suitcase, or a purse. From children to seniors, this book debunks the myth that self-defense is only for the physically strong. You can't put a price on safety, but you...



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