



DOWNLOAD



My Body.My Life.: Empowering Women Through Awareness, Education, Violence Prevention and Self-Defense Techniques

By Robert Montgomery Moore

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.My Body.My Life. is a women s empowerment program. The My Body.My Life. book is the training manual used to teach both instructors and participants, ages 13 to 93, to empower women and help protect their body and their life. My Body.My Life. is both fun and educational. We use personal stories, humor, practice and experience to help women develop self-esteem, boundary setting, build skills to recognize unsafe relationships, unsafe situations and provide the tools to protect your body and your life. We do this training in a variety of venues, ranging from school classrooms to public auditoriums. The author and developers of this program have over sixty years of combined experience in public speaking, through a variety of educational and professional venues, as well as through presenting this program in its many forms to schools, universities, professional organizations, civic organizations, businesses and government entities. The School Safety Advocacy Council (SSAC) has recognized the My Body.My Life. program with a prestigious National 2013 School Safety Award. The program has also received the Oklahoma Governor s Commendation, the Oklahoma...



READ ONLINE

[1.48 MB]

Reviews

This type of pdf is every little thing and helped me searching forward and more. It can be writer in easy words and phrases and never hard to understand. You will not really feel monotony at anytime of your respective time (that's what catalogues are for about should you request me).

-- Fern Bailey

The publication is easy in read safer to comprehend. It is actually rally intriguing through studying time. I am easily will get a delight of looking at a created publication.

-- Claud Feest

Other Kindle Books



Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREEtracking!! *...



Fantastic Finger Puppets to Make Yourself: 25 Fun Ideas for Your Fingers, Thumbs and Even Feet!

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Fantastic Finger Puppets to Make Yourself: 25 Fun Ideas for Your Fingers, Thumbs and Even Feet!, Thomasina Smith, Have toys at your fingertips - and on your toes - including angels, aliens, a peacock,...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



The New Green Smoothie Diet Solution (Revised and Expanded Edition): Nature s Fast Lane for Peak Health

Fast Lane Publishing, United States, 2013. Paperback. Book Condition: New. 252 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.Now Revised Expanded With Brand New Content + 30 New Delicious Nutritious Green Smoothie Recipes Join The Green...



Some of My Best Friends Are Books : Guiding Gifted Readers from Preschool to High School

Book Condition: Brand New. Book Condition: Brand New.



Self Esteem for Women: 10 Principles for Building Self Confidence and How to Be Happy in Life (Free Living, Happy Life, Overcoming Fear, Beauty Secrets, Self Concept)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Self Esteem for Women 10 Principles for building self confidence and how to be happy in life (free living, happy...