

NOT AN EASY TARGET

**Paxton Quigley's
Self-Protection
for Women**



Paxton Quigley

Not An Easy Target Paxton Quigleys Self Protection For Women

Michael Mandaville



Not An Easy Target Paxton Quigleys Self Protection For Women:

Not an Easy Target Paxton Quigley, 1995-04-27 A nationally recognized authority on personal safety who has taught thousands of women her strategies offers a no nonsense book that shows women how to develop a survival strategy emphasizing the importance of awareness boundary setting and resistance Photos illustrations *The Bogeyman*, 2003

Guns in American Society Gregg Lee Carter, 2012-05-04 Thoroughly updated and greatly expanded from its original edition this three volume set is the go to comprehensive resource on the legal social psychological political and public health aspects of guns in American life The landmark 2002 edition of *Guns in American Society An Encyclopedia of History Politics Culture and the Law* was acclaimed for helping readers get beyond the sometimes overheated rhetoric and navigate the overwhelming amount of unbiased academic research on gun related issues Now in light of the steady rate of gun violence and several high profile shooting incidents this extraordinary three volume work returns in a timely and thoroughly updated edition With over 100 new entries the latest edition of *Guns in American Society* is the most current resource available on all aspects of the gun issue including rates of violence gun control gun rights regulations and legislation court decisions pro and anti gun organizations gun ownership hunters and collectors public opinion toward guns and much more With expert contributions from the fields of criminology history law medicine politics and social science it gives students journalists policymakers and researchers a foundation for their own investigations while helping readers of all kinds make decisions as family members potential gun owners and voters *Guns in American Society* Jaclyn Schildkraut, Gregg Lee Carter, 2022-12-01 The revised third edition of the landmark *Guns in American Society* provides an authoritative and objective survey of the history and current state of all gun related issues and areas of debate in the United States *Guns in American Society An Encyclopedia of History Politics Culture and the Law* is a comprehensive and evenhanded three volume reference resource for understanding all of the political legal and cultural factors that have swirled around gun rights and gun control in America past and present The encyclopedia draws on a vast array of research in criminology history law medicine politics and social science It covers all aspects of the issue gun violence including mass shootings in schools and other public spaces gun control arguments and organizations gun rights arguments and organizations the firearms industry firearms regulation legislation and court decisions gun subcultures for example hunters and collectors leading opinion shapers on both sides of the gun debate technological innovations in firearm manufacturing various types of firearms from handguns to assault weapons and evolving public attitudes toward guns Many of these entries place the topics in both historical and cross cultural perspective **Stopping Power** J. Neil Schulman, Joseph Neil Schulman, 1994-12 Did you know that every 13 seconds one of America's 70 million gun owners uses a firearm in defense against a criminal That American women use handguns 416 times a day in defense against rapists which is a dozen times more often than rapists use a gun That a gun kept in the home for protection is 216 times as likely to be used in defense against a criminal than it is to cause

the death of an innocent victim in that household These are just a few of the surprises this book has in store for anyone whose belief in gun control is based on TV news or popular magazines Award winning novelist screenwriter and journalist J Neil Schulman challenges the misinformation that pundits ranging from network anchors to ill informed doctors are promoting about guns Especially for the reader who doesn't own a gun and has never even considered buying one Stopping Power should be an eye opener

Citizen-Soldier Handbook: 101 Ways Every American Can Fight Terrorism Michael Mandaville, 2009-02 Citizen Soldier Handbook 101 Ways for Every American to Fight Terrorism is a How To Guide for Americans to fight the greatest threat to Western Civilization Radical Islam Terrorists declared every man woman and child to be a target We have no choice but to become Citizen Soldiers The Handbook's Five sections Morale Intelligence Physical Training Mental Training and Action encourage Americans of all backgrounds ages and skills to do their part against Radical Islam The Citizen Soldier Handbook is a Call to Arms in the spirit of Citizen Soldiers at Lexington and Concord firing the Shot Heard Round the World brighten the glow of Freedom from the Torch of Liberty Citizen Soldier Handbook puts this power into the citizen's hands with knowledge about the threat of Radical Islam how to empower yourself and how to use media to stop the threat of Radical Islam in the age of Information Warfare This book will inspire you John Ziegler Radio Show Host Author The Death of Free Speech We are engaged in a great war of Ideas Freedom versus Tryanny Democracy versus Islamic Totalitarianism The weapon of is Information As a writer I understand the power of Ideas Information and Humor The Citizen Soldier Handbook will help and inspire you your friends family coworkers fellow Americans to get the word out in dozens of ways Burt Prelutsky Former WGA President Author Conservatives Are from Mars Liberals Are from San Francisco 101 Reasons I'm Happy I Left the Left The Citizen Soldier Handbook is an invaluable resource at once an exhaustively researched compendium of strategies and a stirring reaffirmation of the meaning of citizenship it is a clarion call to action in a time when too many have been lulled into a false sense of complacency Harry Stein Author of How I Accidentally Joined the Vast Right Wing Conspiracy and Found Inner Peace and is a Contributing Editor to City Journal this is more than a handbook It is a call to action In this age of information and internet warfare everyone can be a Citizen Soldier and everyone can join the fight The Citizen Soldier Handbook will show you the way Brandon L Millett Chairman and Co Founder The GI Film Festival Washington D C The Citizen Soldier Handbook's Five Sections has 101 Actions even more if you include subheadings urging Americans to take action in their Lives Communities and the World to fight Radical Islam Morale Believe in the Greatness of America and Fight For Her Intelligence Learn about Radical Islam its Roots Adherents Beliefs and Dangers Physical Training As Physical Beings We Must Be in Shape to Take Action Mental Training Steel Yourself for the Mission Ahead Take Action Take Action With Suggestions Ideas Techniques Methods and Resources Organizations and More This Book is a Match to Light The Torch of Freedom that You America's Citizen Soldier Must Hold High to Stop the Encroaching Darkness The Fight Is Yours

Coping When You Are the Survivor of Violent Crime Barbara Moe, 1998-12-15 Discusses the causes of violent

crimes the stages of recovery the criminal justice system and its effect on victims grief vengeance security measures and where to find help Surviving Separation And Divorce Loriann Hoff Oberlin,2005-04-01 Reclaim you life and your self The weeks following your separation may prove to be the most difficult weeks of your life But with a little help and support you ll find the strength you need to get through the divorce process and move on Author Loriann Hoff Oberlin M S understands the rough road to starting over A survivor herself she shares her personal experience as well as her professional expertise as she shows you how to rebuild your life step by step Surviving Separation and Divorce 2nd Edition provides you with markers for the legally and emotionally taxing journey ahead including how to Rebuild your self esteem Explore reconciliation or not Help your children get through the transition Deal with lawyers and the court system Manage money and finances Return to and thrive in the workforce Develop an active social life Consider remarriage With this completely revised and updated classic at your side you ll summon your inner strength let go of the past and build a better future starting today **How To Survive A Physical Attack and Escape** Doctor Know,2018-08-24 Assault and robbery is a crime on the rise due to the drug epidemic Rapes and murders have doubled and tripled in many areas over the past twenty years The likelihood is that they will come for you or a loved one at some point Will you be ready or just another victim As a Marine personal peace officer to Mayor Koch of New York City and Threat Assessment expert I can help prepare you for the worst Learn how to defend yourself successfully escape from hand ties and a car trunk Create an inexpensive Safe Room in your home or apartment Defeat a car jacking situation and much more **The Mythic Meanings of the Second Amendment** David C. Williams,2003-01-01 David Williams offers a new reading of the Second Amendment suggesting that it guarantees to individuals a right to arms only insofar as they are part of a united consensual people so that their uprising can be a unified revolution rather than a civil war

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