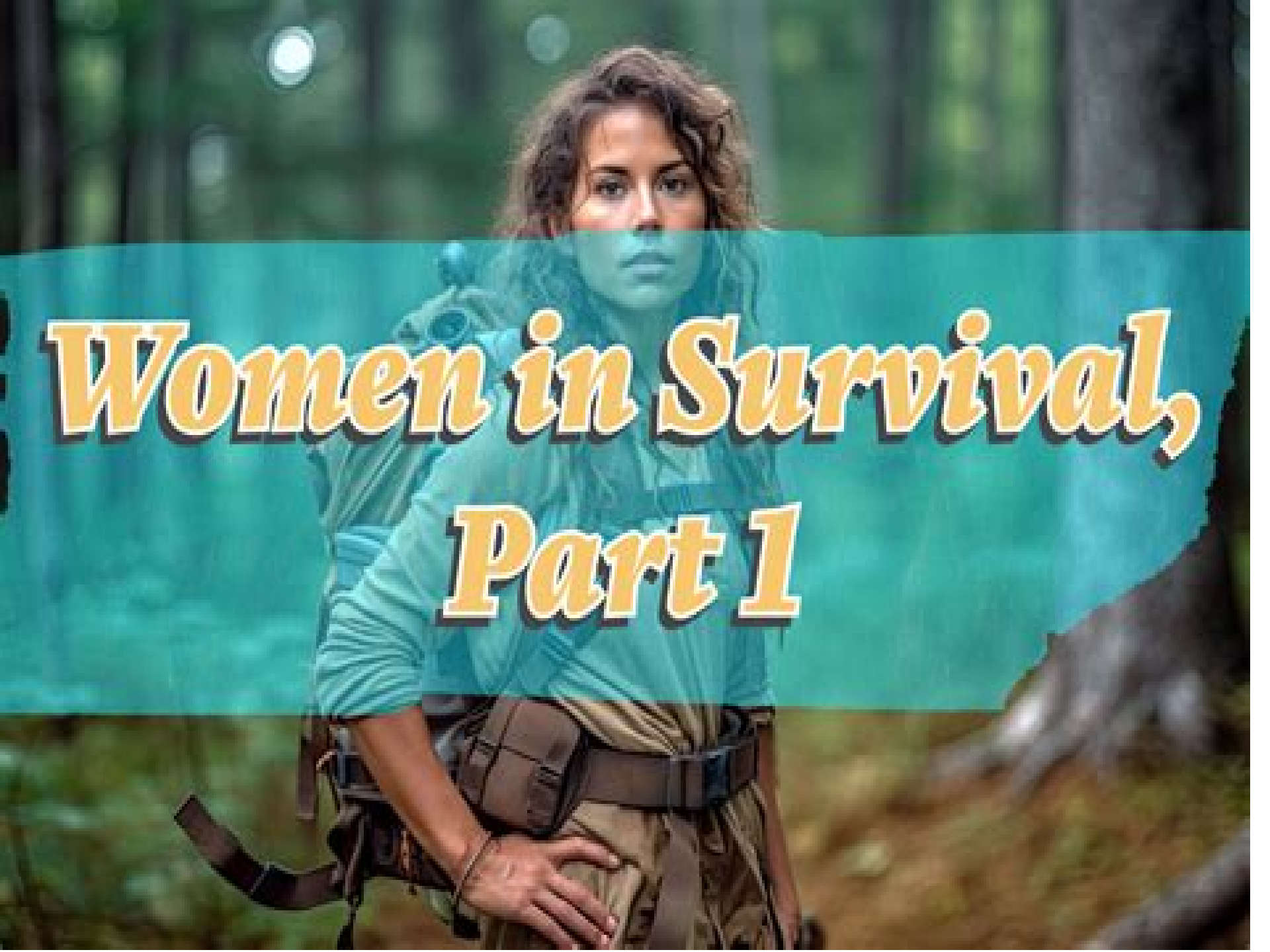




Women in Survival, Part 1

Survival Shooting For Women The Combatshelf

Lynne Finch



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Survival Shooting for Women Tom Givens, 1981-01-01 **Be a Hero** John Geddes, Alun Rees, 2017-08-08 Dealing with the unthinkable It s never going to be you Then one day you hear the clatter of automatic fire at the mall You have been drawn into the chaos and terror of an active shooter event What do you do Who do you turn to **Be a Hero** is the essential guide to terrorist attacks that will help you survive Former Special Air Service terror expert John Geddes will explain how to cope with a life threatening event He shows you how to make clear decisions and beat the odds by Dealing with fear through simple and effective techniques to bring the chemical urges generated by terror at least partially under control Escaping and evading when possible using everyday objects and landmarks for protection Fighting back if needed with methods to disarm an active shooter and to use items at hand as weapons Using a weapon if you are licensed to carry shooting to kill without collateral damage or being mistaken for a perpetrator Providing medical assistance to deal with traumatic battlefield injury and save lives This is not a book primarily for survivalists and preppers **Be a Hero** is a book for ordinary men and women who could find themselves in the middle of an extraordinary moment It will help them find the hero inside and live to tell the tale

Taking Your First Shot Lynne Finch, 2013-06-04 Numbers don t lie more and more women are purchasing guns and learning to shoot While shooting used to be a male dominated sport women across the country have begun discovering that a trip to the range not only is relaxing but also brings with it a sense of strength and empowerment **Taking Your First Shot** is an introductory guide perfect for either those stepping out onto the range for the first time or those looking to brush up on their skills Author Lynne Finch coaches women on the decision to learn to shoot how to find formal training selecting and purchasing a handgun defensive versus practice ammunition storing and caring for your gun and concealed carry options Along with learning the shooting basics Finch also teaches readers the importance of situational awareness and the basics of self defense Sometimes a gun isn t always an answer and it s important to have a proportional response to the situation Finch begins with teaching readers how to become aware of their surroundings what to watch for and how to respond From there she goes on to define proportional response and why carrying pepper spray a kubotan or even a whistle can make all the difference Learning to shoot is a personal decision but with the proper training and practice shooting can become both an enjoyable and liberating sport

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