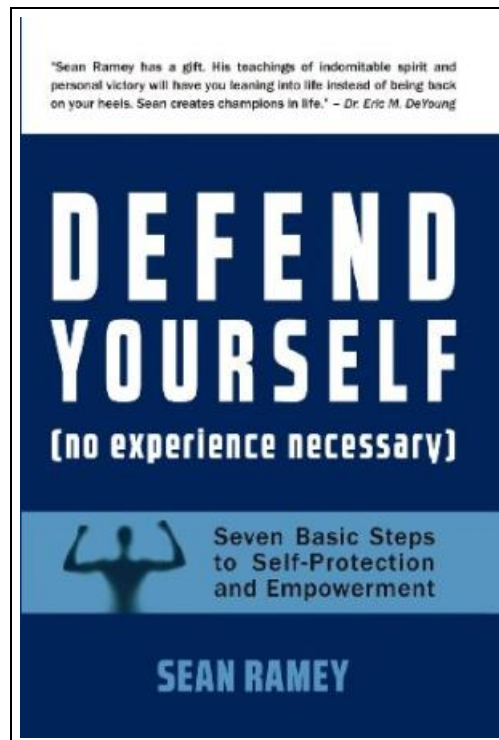


## Defend Yourself: (No Experience Necessary) Seven Basic Steps to Self-Protection and Empowerment



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