



# **The New Superpower for Women: Trust Your Intuition, Predict Dangerous Situations, and Defend Yourself from the Unthinkable**

*Steve Kardian, A. Clara Pistek*

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It takes only seven seconds for a criminal to pick you as a target. This empowering guide for women to protect themselves and their loved ones, from a self-defense expert and longtime veteran of law enforcement, combines commonsense advice on staying safe with concrete actions on what to do if find yourself in a dangerous situation.

Acts of terror. Kidnapping. Cyberstalking. Campus assaults. Getting drugged at a party by a “friend.” One out of four women will be a victim of a crime or assault in her lifetime. Don’t let this be you.

In *The New Superpower for Women*, Steve Kardian, a thirty-year veteran of law enforcement, FBI defense tactics instructor, and an expert on the criminal mind, demonstrates how to become a “hard target” and not a “soft target” by simply trusting your gut. Additionally, he shows how the habits of safety can become an integral part of your daily routine.

This guide is your essential resource to understanding how to stay safe in today’s world, whether you’re experiencing unwelcome attention, feel threatened in a large crowd, or are facing online harassment. Kardian shares proven safety tips, shows how to be proactive in identifying potential trouble, and illustrates defense techniques specially created to enhance the physical strengths of a woman. Real-life stories and examples are included to demonstrate what criminals look for in a victim. You will learn how to avoid being targeted and what to do in a confrontation.

Be prepared. Know the habits of safety to protect yourself and your loved ones.

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