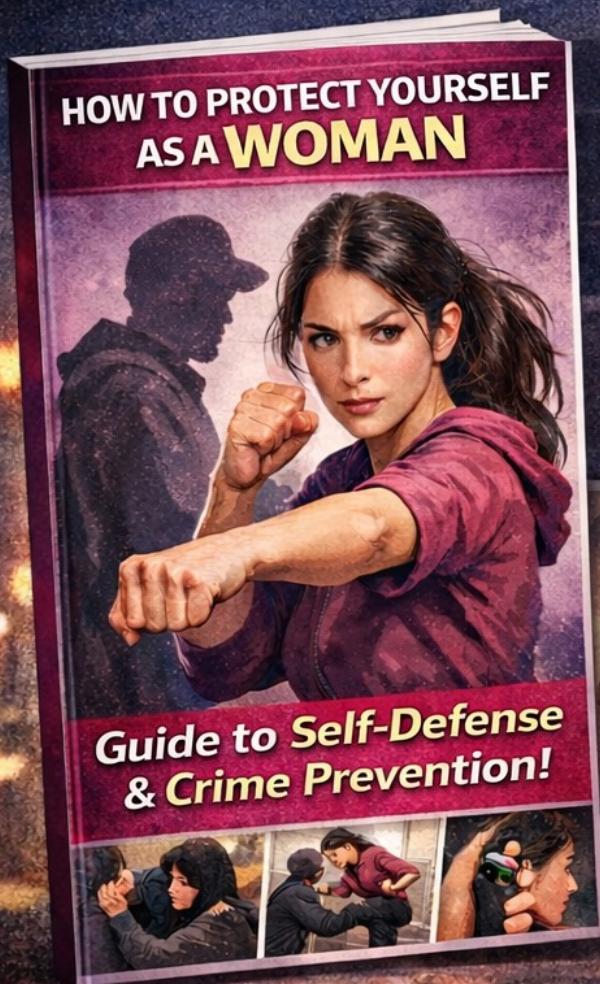


# HOW TO PROTECT YOURSELF AS A WOMAN

For your safety and peace of mind



- Ways to avoid dangers
- Practical self-defense & crime prevention
- What to do in emergencies

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