

~~EXPLODING~~ THE MYTH of SELF-DEFENSE

JUDITH FEIN, Ph.D.



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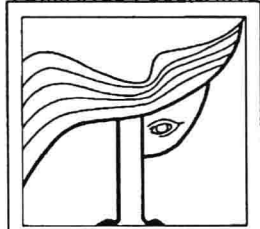
A
SURVIVAL GUIDE
FOR EVERY WOMAN

EXPLODING THE MYTH OF SELF-DEFENSE

**EXPLODING THE MYTH OF
SELF-DEFENSE**
A Survival Guide for Every Woman

JUDITH FEIN, PH.D.

TORRANCE PUBLISHING



DUNCANS MILLS, CA

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Torrance Publishing Company
P.O. Box 2558
Sebastopol, CA 95473
(707) 823-3581

First Edition

Printed in the United States of America

Library of Congress Cataloging-in Publication Data

Fein, Judith

Exploding The Myth of Self-Defense

Includes index

1. Self-Defense for Women. 2. Rape—Prevention
3. Self-respect. 4. Women—Psychology.

I. Title

Library of Congress Catalog Card Number: 93-60018

ISBN: 0-929523-01-6

Cover Art: "Cinderella Liberty" © Nancy Worthington

Cover Design: Nancy Worthington

Jack Fisher—Communications Graphics

Editor: Jean Gilliam

*This book is dedicated to my mother,
Minnie Lifschutz Fein,
in loving memory*

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Jenny. Bonnie. Marie.
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PREFACE

In 1981, in Are You A Target?, my first book on self-defense for women, I wrote: "This book is about freedom. Its purpose is to help you gain the knowledge, insights, and courage to make the necessary changes in your life to become a successful assault resister. ...You don't have to be a victim. Being a resister means that you make deliberate choices, you make conscious decisions, you have control. Being a resister means that, under a given set of circumstances, you decide to do what you believe is in your best interest and determine not to have that power and control taken away from you." These were revolutionary words twelve years ago. Exploding the Myth of Self-Defense takes you further into heretofore uncharted territory.

Exploding the Myth...takes you on a journey of enlightenment—from facing the omnipresent fear of rape, to conquering this fear and making changes which place you in control of your life.

The concept that rape is an outward manifestation of an inward fear may raise eyebrows of individuals who are sensitive to the issue of blaming the victim. Yet, if you delve deeply into this concept, you will realize that assault is a two way street. Criminals are to blame and are responsible for their crimes. Yet, the criminal will attack the weakest and most vulnerable victim he can find. Our job is to prevent assault and to do this in a way that preserves our dignity and integrity as human beings.

If we want to be in charge of our lives, then we need to take control. With knowledge of their options and new-found skills, victims become resisters. When you become a resister, body language, awareness, and everything about your total being changes. Then personal power becomes an outward manifestation of your inward strength.

ACKNOWLEDGMENTS

I would like to express my thanks to my students who provided me with the feedback and many success stories over the years that have kept me motivated to continue this important work of helping women take control of their lives. I would also like to thank Lene Johnson who had the foresight to bring Self-Defense for Women into the Physical Educational curriculum of San Francisco City College in 1975.

Special thanks go to Nancy Worthington for her creative insights and wonderful cover art. And finally, I especially wish to thank my editor, Jean Gilliam, for her expertise in English grammar and contributions to the writing of this book.

ONE

EXPLODING THE MYTH OF SELF-DEFENSE

An Overview
