



IMPACT Recommended Reading


Books and articles that endorse or discuss IMPACT-style self-defense as well as other important prevention and healing information:


 *The Gift of Fear* by Gavin deBecker

 *Protecting the Gift* by Gavin deBecker

 *The Courage to Heal* by Ellen Bass and Laura Davis

 *Beauty Bites Beast: Awakening the Warrior Within Women & Girls* by Ellen Snortland

 *The Safe Zone: A Kid's Guide to Personal Safety* by Donna Chalet and Francine Russell

 *Real Knockouts, The Physical Feminism of Women's Self-Defense* by Martha McCaughey

 *Trauma and Recovery* by Judith Hermann

– Courtesy of IMPACT Personal Safety of Los Angeles (800.345.KICK, 310.360.1096 and <http://www.impactpersonalsafety.com/>) and Prepare, Inc., of New York (800.442-7273, 212.255.0505 and <http://www.prepareinc.com/>).

Produced and distributed by:

