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