

LORI HARTMAN GERVASI

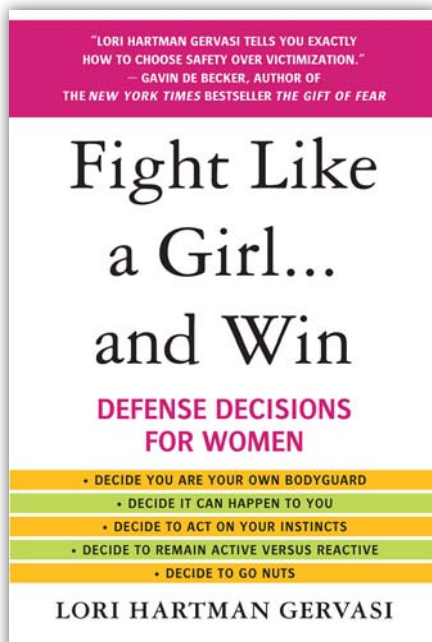
Mission Statement: TO SAVE WOMEN'S LIVES

The author of *Fight Like A Girl... And Win*, a former TV journalist with the ABC L.A. News Bureau and L.A.'s Channel 9 News, and a popular public speaker on the topic of defense decisions for women, Lori Hartman Gervasi is a black belt self-defense expert trained in American Karate. Lori understands the dangers that women face, just as she knows that violent attacks, rape, dating brutality, sexual assaults, and stalking pose a constant threat to females in our society and across the globe.

Lori Hartman Gervasi is certain that women can learn how to protect and defend themselves. She empowers her audiences, encouraging them to take control of their well-being and survival through practical instructions, information, and optimal preparedness.

Lori overviews - in advance of potential jeopardy - the essential personal security decisions every woman must make. Utilizing her ground-breaking book, *Fight Like A Girl ... And Win*, as the platform for her presentations, she guides her audiences to embrace responsibility for their personal security and to make 26 potentially life-saving decisions prior to a devastating assault.

Lori Hartman Gervasi resides in Southern California with her husband and two sons.



Visit Lori's Website at: Fightlikeagirlandwin.com

“This book stands strong against a 5 million-year history of violence against women. Lori Hartman Gervasi tells you exactly how to choose safety over victimization.”

GAVIN DE BECKER Author of the
New York Times Bestseller *The Gift of Fear*

Corporate Speaking Engagements
To schedule an appearance by Lori Hartman Gervasi, contact her
Program Coordinator - programs@fightlikeagirlandwin.com

SEVEN TIPS FOR INSTANT SELF-DEFENSE EMPOWERMENT

- 1. Give yourself permission.** Allow yourself to use self-defense on any attacker, even if that person turns out to be an acquaintance, friend, relative, or co-worker.
- 2. Study the enemy.** Learn all you can about today's assault criminals - who they are, how and where they strike, and what they are willing to do to their victims.
- 3. Realize that you are your own bodyguard.** Your husband, boyfriend, or local police force may not be around to help you - always decide to rely on yourself.
- 4. Watch and recognize the three ways men attack women.** They sneak-up, cozy-up, or ambush their victims.
- 5. Trust and act upon your intuition and instincts.** Your gut feelings are useless without follow-through, so decide to become physically active and respond when that “little voice” alerts you to potential jeopardy.
- 6. React and move out of harm's way.** When danger strikes, don't freeze – instead, break through your fear with instant mobility. Run – as far away and as fast as you can.
- 7. Empower yourself with your self-defense decisions.** Strengthen your safety measures by making all of your personal security choices now, before the bad guy shows up.

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