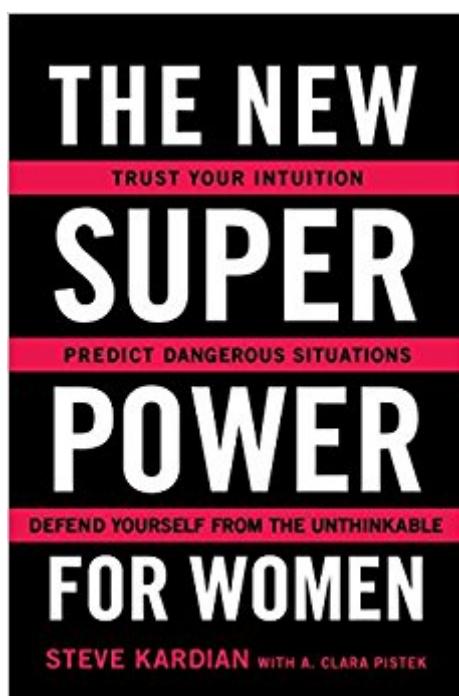


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# The New Superpower For Women: Trust Your Intuition, Predict Dangerous Situations, And Defend Yourself From The Unthinkable



## Synopsis

It takes only seven seconds for a criminal to pick you as a target. This empowering guide for women to protect themselves and their loved ones, from a self-defense expert and longtime veteran of law enforcement, combines commonsense advice on staying safe with concrete actions on what to do if find yourself in a dangerous situation. Acts of terror. Kidnapping. Cyberstalking. Campus assaults. Getting drugged at a party by a “friend.” One out of four women will be a victim of a crime or assault in her lifetime. Don’t let this be you. In *The New Superpower for Women*, Steve Kardian, a thirty-year veteran of law enforcement, FBI defense tactics instructor, and an expert on the criminal mind, demonstrates how to become a “hard target” and not a “soft target” by simply trusting your gut. Additionally, he shows how the habits of safety can become an integral part of your daily routine. This guide is your essential resource to understanding how to stay safe in today’s world, whether you’re experiencing unwelcome attention, feel threatened in a large crowd, or are facing online harassment. Kardian shares proven safety tips, shows how to be proactive in identifying potential trouble, and illustrates defense techniques specially created to enhance the physical strengths of a woman. Real-life stories and examples are included to demonstrate what criminals look for in a victim. You will learn how to avoid being targeted and what to do in a confrontation. Be prepared. Know the habits of safety to protect yourself and your loved ones.

## Book Information

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## Customer Reviews

“The New Superpower for Women is a must-read for all women so that they will never have to hear

the words “You are lucky to be alive.” It is a must-read for all parents so that they will never have to go through what my mom and dad did. All of Steve’s passion for women’s safety, his long history in law enforcement, which includes serving as an FBI defense tactics instructor, has been poured into this book. Using real-life scenarios, Steve explains what happens in the moments leading up to an assault and shows that how we respond in those seconds can affect our safety. Although the perpetrator in my case was a stranger, overwhelmingly it is someone who we know and trust that commits the crime. This book arms us with concrete ways to protect ourselves in these situations as well. Steve also recognizes that crime is never the victim’s fault. Especially in cases of sexual violence, survivors are often blamed and shamed into silence. Steve shatters the silence of sexual violence and equips us with the tools to better defend ourselves. Shining a light on a culture that too often condones sexual assault and blames survivors, this book illuminates the key to unlocking every woman’s superpower—“trusting her own intuition.”—Angela Rose, Founder and Executive Director of Promoting Awareness/Victim Empowerment (PAVE)

Steve Kardian spent more than thirty years as a career law enforcement officer, including time as an FBI defense tactics instructor. He is a partner at Defend University, a self-defense program created specifically for women that has trained and educated over 100,000 women of all ages. Kardian has dedicated his career to teaching women about safety, risk reduction, and crime prevention. He holds a 3rd degree black belt and the title of professor in Gracie Jiu-Jitsu. Kardian has been featured in media outlets such as The New York Times, The Wall Street Journal, USA TODAY, Real Simple, Women’s Day, and Cosmopolitan. He appears regularly as an expert in national media, including Fox News, Fox and Friends, Fox Business, CNN, Inside Edition, Headline News, Nightline, The Meredith Vieira Show, Kathy Lee & Hoda, Dr. Drew, and Dr. Phil. He lives in Westchester, New York, and is the author of The New Superpower for Women.

Over 10 years ago, I became a Women’s Self Defense Instructor under Defend University. I am also a Gracie Purple Belt in Gracie Jiu Jitsu. I have had the privileged of working with Steve Kardian on many occasions. Empowering & Educating females is definitely his calling. This book is one of many ways for him to share his knowledge. This book begins with the story behind Steve’s personal life on how his calling was brought to him, without his knowledge at that time. You will read his own situations and other’s. You will read on how to “trust your instinct” the first time. Listen to the voice inside of you. This book includes knowledge and techniques that are INSTINCTIVE for you to learn.

Females of all age can do these techniques and a video is available if you learn better by hands on. You can know all the techniques in the world but without being mentally strong, you may not survive. Steve tells you how to become strong and instinctive. You will learn about date rape drugs, ways to get out of a situation and so much more. You will learn how to be a hard target. You will develop a blue print. Having a plan will save you seconds that will save your life. You have one life. You need to learn how to protect it, survive it and live it. This book is your encyclopedia of safety. You will not be disappointed. It's the perfect gift for your loved one no matter what age. Every college freshman should have this book before entering college. I highly recommend this book.

I had the privilege of reading an advanced copy of "The New Superpower for Women" because the author and I were recently reconnected 42 years after an event that changed both of our lives. I don't remember the first time I met Steve Kardian mainly because I was dead. Our chance encounter took place one beautiful summer day back in 1974. I was an industrious 8 year old kid and Steve was a mature-beyond-his-years long-haired high school senior out walking with his girlfriend on the beach. In Chapter 6, you will read how he literally pulled me from my grave and breathed life back into my dead body. A crowd of beach goers looked on in horror and frozen panic. Had it not been for Steve, I may well not be here today. I don't begrudge the onlookers because they were not equipped to take action. They didn't care any less than Steve, but they didn't know what to do and could not overcome their natural responses to the unexpected and horrifying moment. In this book, Steve passes along what has come naturally to him as well as what he has learned over a lifetime of police and detective work where he has faced hundreds of situations that could have life or death consequences. Steve shares practical insights, adapted martial arts techniques, and techniques to make it our second nature to deal with the unexpected in ways that we never could otherwise. As a husband and as a father to a beautiful 18 year old daughter, I implore everyone to read this book and share it with your loved ones - male and female, young and old. While Steve focuses on women's self-defense, the principles of how to tune into your natural instincts, overcome your natural fear responses, and take decisive action can apply to unexpected and dangerous situations that can happen in anyone's life at any moment. The life that is saved by learning and applying these principles could well be yours or someone you love.--Greg B

As a law enforcement and security professional I've read many books on the subject of personal

self defense. Most of them, while well meaning, lack an understanding of the basic principles behind preventing an assault by ignoring what triggers them in the first place. The real world knowledge and experience of the author is served up in the easy to read passages. As I read through it I found myself constantly nodding my head in agreement with an enthusiasm to share these insights with my friends and loved ones. By far, the best strategy for surviving an attack on oneself is preventing one from occurring in the first place. Everyone knows well talked about advice of walking with friends or carrying pepper spray. This book is so much more insightful and will open your eyes to things about your behavior and patterns you never would have given a second thought. This book is perhaps the greatest gift you can give those who you care about.

I am a black-belt and a certified rape-defense instructor and have read every book on the topic of self-defense. This is by far the BEST book I've read on the subject. Not only is the information applicable and relevant, this book captures your attention with its true stories. I also teach self-defense in P.E. classes, so I'm going to make this book mandatory for my students to read as well. This book will prepare women and men alike for college, traveling and the "real" world. Captivating and Empowering!!! Steve Kardian is engaging and credible.

A truly phenomenal book from cover-to-cover, Steve puts his heart and soul, and 30 years of law enforcement experience into this book. It's a fascinating read, very engaging, interesting and most of all extremely helpful. You learn a lot of valuable information and well worth your time! There isn't a page of fluff--it's all good content, too, which is rare. I wish this book was required reading for all women--it would stop so much suffering!! As someone who has been studied by science and understands human behavior, it's rare I find a book that gets it all so right, but Steve Kardian definitely does! A must read and excellent gift choice, too!

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