



Taking Control



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Taking Control

Lyndsey De Paul

Taking Control Lyndsey De Paul

A series of photographs and accompanying text show how a woman can maximize her potential strength to protect herself, illustrating basic techniques on self-defence from frontal attacks, attacks from behind and on the ground, and hair-grabs. The emphasis is on disabling any assailant for long enough to get away.

Confrontation is always the last option, but infinitely preferable to being a passive victim, and the popular view that fighting back increases the risk of serious injury is refuted. The book also provides guidelines on how best to avoid such a potentially terrifying occurrence, highlighting prevention by concentrating on the safety measures any woman can adopt when travelling, or in the home or office. Tied to a VCI/Avon video of the same name, the book is by the singer and entertainer Lynsey de Paul, who presented a much-publicized BBC television programme on the subject.

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