

How To Fight Like A Girl

Fight Like a Girl - Sheena Kamal 2020-03-10

The Beauty of the Moment meets Exit, Pursued by a Bear. Award-winning thriller writer Sheena Kamal delivers a kick-ass debut YA novel that will have fans crying out for more. Love and violence. In some families they're bound up together, dysfunctional and poisonous, passed from generation to generation like eye color or a quirk of smile. Trisha's trying to break the chain, channeling her violent impulses into Muay Thai kickboxing, an unlikely sport for a slightly built girl of Trinidadian descent. Her father comes and goes as he pleases, his presence adding a layer of tension to the Toronto east-end townhouse that Trisha and her mom call home, every punch he lands on her mother carving itself indelibly into Trisha's mind. Until the night he wanders out drunk in front of the car Trisha is driving, practicing on her learner's permit, her mother in the passenger seat. Her father is killed, and her mother seems strangely at peace. Lighter, somehow. Trisha doesn't know exactly what happened that night, but she's afraid it's going to happen again. Her mom has a new man in her life and the patterns, they are repeating.

Fight Like a Girl - Kym Rock 2011-04

Have you been attacked, stalked, or abused? Are you in a relationship where you fear being yelled at or hit when things aren't perfect? Are you becoming aware of how much violence is in our world and how it can reach out and grab you and your family any second? What can you do about it? You can Fight Like A Girl! Jump in with international award-winning self-defense expert Kym Rock and learn step-by-step how not to be a victim of abuse or violence. This is a hard-hitting book that will teach you how to act differently to avoid dangerous situations and what to do to get out of one. Real situations. Real escape. Real prevention. Now is the time to be free and find out what it really means to Fight Like a Girl!

Fight Like a Girl - Wesley Burmark 2021-02-07

This is a story written from the perspective of a female martial arts instructor. Her goal is to teach her female only class to grow up to be strong women that can take care of themselves in any situation. Anna, the main character in the book, is a wife, a mother, a grocery store manager, and teaches a martial arts class to high school age girls. Her life is a balancing act and she tackles life head on.

Fight Like A Girl (Part 1) - Dawn Pendleton 2014-10-30

****This is a 3-part novella series**** MMA is no place for a girl - unless that girl is Max Brady. Growing up around the ring as the daughter of a famous fighter, she finally takes her place in the MMA world after her father's mysterious disappearance. Deciding to fight was the easy part - she never imagined finding a good trainer would be her biggest obstacle. Kingston Lawrence was a rising star in the MMA world, until a knee injury forced him to the other side of the fight. He thought three rounds in the ring was hard, but nothing compares to the battle of training and taming Max. Her sexy body makes up for her sarcastic mouth, and it isn't long before he wants to be more than just her trainer. But Kingston has a secret, one that could ruin both their lives. He can train Max for a fight, but nothing can prepare them for what happens when that secret is revealed.

Fight Like A Girl - Clementine Ford 2018-08-02

An incendiary debut taking the world by storm, *Fight Like A Girl* is an essential manifesto for feminists new, old and soon-to-be. Online sensation and fearless feminist heroine, Clementine Ford is a beacon of hope and inspiration to thousands of women and girls. In the wake of Harvey Weinstein and the #MeToo campaign, Ford uses a mixture of memoir, opinion and investigative journalism to expose just how unequal the world continues to be for women. Personal, inspiring and courageous, *Fight Like A Girl* is an essential manifesto for feminists new, old and soon-to-be. The book is a call-to-arms for women to rediscover the fury that has been suppressed by a society that, despite best efforts, still considers feminism to be a threat. Urgently needed, *Fight Like a Girl* is a passionate, rallying cry that will awaken readers to the fact they are not alone and there's a brighter future where men and women can flourish equally - and that's something worth fighting for.

Fight Like a Girl Workbook - Lisa Bevere 2006-01-01

Fight Like a Girl - Kate Germano 2018-04-03

One woman's professional battle against systemic gender bias in the

Marines and the lessons it holds for all of us. The Marine Corps continues to be the only service where men and women train separately in boot camp or basic training. This segregation negatively affects interaction with male marines later on, and, lower expectations of female recruits are actively maintained and encouraged. But Lieutenant Colonel Kate Germano arrived at the Fourth Recruit Training Battalion at Parris Island--which exclusively trains female recruits--convinced that if she expected more of the women just coming into Corps, she could raise historically low standards for female performance and make women better Marines. And, after one year, shooting qualifications of the women under her command equaled those of men, injuries had decreased, and unit morale had noticeably improved. Then the Marines fired her. This is the story of Germano's struggle to achieve equality of performance and opportunity for female Marines against an entrenched male-dominated status quo. It is also a universal tale of the effects of systemic gender bias. Germano charges that the men above her in the chain of command were too invested in perpetuating the subordinate role of women in the Corps to allow her to prove that the female Marine can be equal to her male counterpart. She notes that the Marine Corps' \$35-million gender-integration study, which shows that all-male squads perform at a higher level than mixed male-female squads, flies in the face of the results she demonstrated with the all-female Fourth Battalion and raises questions about the Marine Corps' willingness to let women succeed. At a time when women are fighting sexism and systemic bias in many sectors of society, Germano's experience has wide-ranging implications and lessons--not just for the military but also for corporate America, the labor force, education, and government.

Fight Like a Girl...and Win - Lori Hartman Gervasi 2007-08-21

A kick-ass practical guide that packs a major punch ... without even throwing one! Self-defense lecturer and no-nonsense blonde bombshell Lori Gervasi lays out simple actions and important decisions women must make BEFORE they find themselves in physical danger to eliminate surprise and panic. It's an unfortunate reality that women are susceptible to random acts of aggression, from sexual harassment and stalking to physical assaults, domestic violence, date rape and worse. But women can learn how to protect and defend themselves -- with this groundbreaking guidebook. Let martial arts black belt and accomplished journalist Lori Hartman Gervasi walk you through easy-to-follow, everyday steps for taking charge of your personal safety, training your reflexes, and -- if and when the time comes -- using force. Her program consists of 26 potentially life-saving decisions that every woman must make, including: DECIDE TO BELIEVE IN YOUR FIGHT - Battles are waged from the inside out. Your conscience, intelligence, and guts must be committed to the cause. You and those you love are the things worth fighting for. DECIDE TO DEVISE A STRATEGY - Create a one-way ticket out of every imaginable circumstance, from back-door escape routes to getaways in public places. Think "what-if...?", plan for the unexpected, and be ready for anything! DECIDE TO RECOGNIZE THE THREAT OF THE INITIAL ATTACK - When practicing awareness, you can detect danger before it happens. The bad guy will take steps to get close to you. Watch carefully and identify these for what they are--the preludes to an attack. DECIDE TO MOVE - If an attacker strikes, don't freeze--get moving! Break through your fear with instant mobility. You have limitless options and any movement works as long as it leads to your safety. DECIDE TO ACT ON YOUR INSTINCTS - Your intuition is your guide, but you must respond physically in order to be successful. When something isn't right, take action, change plans, redirect yourself, and control your destiny! ...along with Defense Do's And Don'ts, inspiring "Power Points," and other survival tactics that can help you to be prepared, stay strong, and FIGHT LIKE A GIRL...AND WIN

Fly Like a Girl - Mary Jennings Hegar 2020-03-03

A Young Readers Edition of a compelling story of courage and triumph, this is the inspiring true story of Major Mary Jennings Hegar--a brave and determined woman who gave her all for her country, her sense of justice, and for women everywhere. On July 29, 2009, Air National Guard Major Mary Jennings Hegar was shot down while on a Medevac mission in Afghanistan. Despite being wounded, her courageous actions saved the lives of her crew and their patients, earning her the Purple Heart as well as the Distinguished Flying Cross with Valor Device. That day also

marked the beginning of a new mission: convincing the U.S. Government to allow women to serve openly on the front line of battle for the first time in American history. With exclusive photographs throughout, *Fly Like a Girl* tells the inspiring true story of Mary Jennings Hegar--a brave and determined woman who gave her all for her country, her sense of justice, and for women everywhere. Includes exclusive photographs throughout, a discussion guide, and a Q&A with the author written specifically for teen readers. Praise for *Fly Like a Girl*: "An honest portrayal of one woman's battles in and out of combat zones."--Kirkus Reviews

Fight Like a Girl - Lisa Bevere 2008-05-05

Today's twisted pictures of gender roles create confusion over how a woman should define herself. Women and men are encouraged to move closer to center and away from the traits that distinguish male from female. How can women feel good about themselves when society is constantly dictating what they can and should be? In *FIGHT LIKE A GIRL*, Lisa Bevere exhorts us to embrace the differences between sexes. Her goal is to encourage women to celebrate the unique aspects of femininity. Instead of trying to adopt ill-fitting character traits, women should see themselves as designed and valued by God and savor their femininity as their strength, not a flaw.

An Isolated Incident - Emily Maguire 2018-07-02

SHORTLISTED: Miles Franklin Literary Award SHORTLISTED: Stella Prize SHORTLISTED: Ned Kelly Prize for Best Crime Novel When 25-year-old Bella Michaels is brutally murdered in the small town of Strathdee, the community is stunned and a media storm ensues. Unwillingly thrust into the eye of that storm are Bella's beloved older sister, Chris, a barmaid at the local pub, and May Norman, a young reporter sent to cover the story. Chris's ex-husband, friends and neighbours do their best to support her. But as the days tick by with no arrest, her suspicion of those around her grows. And as May attempts to file daily reports, she finds herself reassessing her own principles. *An Isolated Incident* is a humane and beautifully observed tale of everyday violence, the media's obsession with the murder of pretty young women and the absence left in the world when someone dies.

Fight Like a Girl, Second Edition - Megan Seely 2019-08-06

A blueprint for the next generation of feminist activists *Fight Like a Girl* offers a vision of the past, present, and future of feminism. With an eye toward what it takes to create actual change and a deep understanding of women's history and the key issues facing girls and young women today, Megan Seely offers a pragmatic introduction to feminism. Written in an upbeat and personal style, *Fight Like a Girl* offers an overview of feminism, including historical roots, myths and meanings, triumphs and shortcomings. Sharing personal stories from her own experience as a young activist, as a mother, and as a teacher, Seely offers a practical guide to getting involved, taking action, and waging successful events and campaigns. The second edition addresses more themes and topics than before, including gender and sexuality, self-esteem, reproductive health, sexual violence, body image and acceptance, motherhood and family, and intersections of identities, such as race, gender, class, and sexualities. *Fight Like a Girl* is an invaluable introduction to both feminism and activism, defining the core tenets of feminism, the key challenges both within and outside the feminist movement, and the steps we can take to create a more socially just world.

Boys Will Be Boys - Clementine Ford 2019-07-04

The incendiary new book about toxic masculinity and misogyny from Clementine Ford, author of the bestselling feminist manifesto, *Fight Like a Girl*. *Boys Will Be Boys* answers the question Clementine Ford is most often asked: 'How do I raise my son to respect women?' With equal parts passion and humour, Ford reveals how patriarchal society is as destructive for men as it is for women, creating a dangerously limited idea of what it is to be a man. She traces the way gender norms creep into the home from early childhood, through popular culture or the division of housework and shines a light on what needs to change for equality to become a reality.

Fight Like a Girl - Michael G. Lewis 2022-01-15

Women have been successfully fighting in combat roles since the beginning of time. During Michael G. Lewis's research, he discovered women warriors in nearly every century, country, and culture. Their differences are many - some were queens, some prostitutes, some fought for country, others for religion, while others were motivated by blind loyalty, bloodlust, fame, revenge, and even plain old fashioned greed. Yes, their differences are many, but they are more defined by striking similarities - all were smart, stubborn, almost supernaturally brave, and extraordinary. Their stories are inspiring but also chilling. Their exploits

tragic, triumphant, awe inspiring, and even humorous. But their stories are unknown. These women warriors - these "Band of Sisters," as it were - had far reaching effects on the entire world, and their stories deserve to be told.

Fight Like a Girl: An empowering self-defence guide for all women - Della O'Sullivan 2023-05-25

'Fighting like a girl says I can be powerful in ways that are natural to me; I have access to power too - it may not look the same as your power, but it's there and I can claim it.'

Fight Like a Girl - David Pinckney 2015

"Collecting the first four issues of ... the series"--Page 4 of cover.

Fight Like a Girl - Megan Seely 2007-01-15

A blueprint for the next generation of feminist activists *Fight Like a Girl* offers a fearless vision for the future of feminism. By boldly detailing what is at stake for women and girls today, Megan Seely outlines the necessary steps to achieve true political, social and economic equity for all. Reclaiming feminism for a new generation, *Fight Like a Girl* speaks to young women who embrace feminism in substance but not necessarily in name. With an eye toward what it takes to create actual change, Seely offers a practical guide for how to get involved, take action and wage successful events and campaigns. The book is full of valuable resources for novice and committed activists alike, including such features as "How to Write a Press Release," "Guidelines to a Good Media Interview," "A Feminist Shopping Guide," and a list of over 100 Fabulous Feminist Resources, including organizations, websites, and events to attend. Each chapter is full of ideas, both big and small, for ways to get involved, get active, and make a difference. Exploring such issues as body image and self-acceptance, education and empowerment, health and sexuality, political representation, economic justice, and violence against women, *Fight Like a Girl* looks at the challenges that women and girls face while emphasizing the strength that they independently, and collectively, embody. Seely delves into the politics of the feminist movement, exploring both women's history and current-day realities with easy-to-follow lists and timelines like those on "Women Who Made a Difference," "Chronology of the U.S. Women's Movement," and "Do's and Don'ts for Young Feminists." A Third Wave manifesto as well as an introduction to feminism for a new generation, *Fight Like a Girl* is a powerful blueprint for young women today.

Fight Like a Girl - Laura Barcella 2019-08-01

Nearly every day there's another news story or pop cultural anecdote related to feminism and women's rights. #YesAllWomen, conversations around consent, equal pay, access to contraception, and a host of other issues are foremost topics of conversation in American (and worldwide) media right now. Today's teens are encountering these issues from a different perspective than any generation has had before, but what's often missing from the current discussion is an understanding of how we've gotten to this place. *Fight Like a Girl* will familiarize readers with the history of feminist activism, in an effort to celebrate those who paved the way and draw attention to those who are working hard to further the cause of women's rights. Profiles of both famous and lesser-known feminists will be featured alongside descriptions of how their actions affected the overall feminist cause, and unique portraits (artist's renderings) of the feminists themselves. This artistic addition will take the book beyond simply an informational text, and make it a treasure of a book.

Fight Like a Girl - Sheena Kamal 2022-01-11

Award-winning thriller writer Sheena Kamal delivers a kick-ass debut YA novel about a teenage kick-boxer coming to terms with her father passing away. Love and violence. In some families they're bound up together, dysfunctional and poisonous, passed from generation to generation like eye color or a quirk of smile. Trisha's trying to break the chain, channeling her violent impulses into Muay Thai kickboxing, an unlikely sport for a slightly built girl of Trinidadian descent. Her father comes and goes as he pleases, his presence adding a layer of tension to the Toronto east-end townhouse that Trisha and her mom call home, every punch he lands on her mother carving itself indelibly into Trisha's mind. Until the night he wanders out drunk in front of the car Trisha is driving, practicing on her learner's permit, her mother in the passenger seat. Her father is killed, and her mother seems strangely at peace. Lighter, somehow. Trisha doesn't know exactly what happened that night, but she's afraid it's going to happen again. Her mom has a new man in her life and the patterns, they are repeating.

How to Fight a Girl (Reissue) - Thomas Rockwell 2014-07-03

This follow-up to the popular 'How to Eat Fried Worms' is an equally hilarious story of a boy who will stop at nothing to have his trail bike

How To Fight Like A Girl:

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