



Raising Kids Who Can Protect Themselves

Debbie Gardner, Mike Gardner

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A dynamic program for empowering children to protect themselves

In *Raising Kids Who Can Protect Themselves*, Debbie and Mike Gardner share their decades of self-defense experience to show parents how to teach their children courage—the trait needed to make brave, smart, and safe choices, no matter what their age, no matter what the situation. *Raising Kids Who Can Protect Themselves* helps families foster courage in their children at an early age so that it becomes an inherent trait, rather than a situational need. The book features:

- Age-appropriate methods to instill courage in children without creating fear
- Courage coaching as a way to create a “family” defense system
- Lifesaving skills, such as quality eye contact, voice control, breathing, control of inappropriate crying, development of positive self-talk, and space awareness
- Ways to reduce children’s vulnerability
- Site-specific survival strategies, from parties to the mall to sports practice

Every time I watch the nightly news, I thank God my wife and children have been trained by Debbie and Mike Gardner. Please, please, please read this book as a family. You will learn how to avoid the most dangerous situations and fight your way out of the rest. We live in a very different world today—arm your family with the power of this book.

-Cris Collinsworth, Sports Commentator for Fox/HBO Sports

This book is brave, bold and one of the most important books I've read in a long time. A must for parents everywhere.

-Doug Hall, Author of Jump Start Your Business Brain

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