



## Feminine Spirit in Love and Fear.: Empowered to Protect (Paperback)

By Sensei Gerarda Mader

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is about: Discovering your personal power within, What you love, The hidden power within love and fear, Building your confidence, How to Stand strong, Action with integrity, When love turns into fear what do you do? When your beloved becomes struck with rage against you or yours how does one expect a woman to react? Sensei Gerarda explores the concept of how to assert yourself in these situations using century old self defense techniques, drawing on her personal journey of multiple Martial Arts codes to provide a framework of answers to the above confronting questions. Sensei Gerarda promotes self awareness and the belief system that women should not just put up with any psychological, emotional or physical violence directed against them. When a woman is empowered mentally to cope with such situations then should the need to defend oneself arise the physical ability to do so would become automatic, without fear or reprisals. Women must learn the skills to deal with the assailant. We must be emotionally prepared and physically able to react to the unexpected assault and pass onto our...



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