

Personal Safety BOOKLIST

Inspiration for Building Skills and Resources

Up-dated 2/2010



MLS

Title and Author

Content Notes

MLS-Recommended for Leaders

<input checked="" type="checkbox"/> Fear or Freedom Susan Smith	An excellent resource. Martial art skills and excellent discussions, especially, the importance of feminist understanding to female safety
Self Defense Steps to Success Joan Nelson	Classic on skills and skill-training for student and teacher reference. Great detail, organization, philosophy, and depth of coverage.
The Womanly Art of Self Defense Debbie Leung	Another classic for WSD. An important general safety text, by a founding program developer, self-defense trainer and martial artist.
Street Smarts: A Personal Safety Guide for Women	A concise guide with many situational tips. A good reference and a wonderful discussion-starter.
Think Safe, Be Safe Harold Bloomfield and Robert Cooper	One of the better, newer books. Useful for developing or shifting view and acquiring information and attitude for prevention.
<input checked="" type="checkbox"/> Her Wits about Her: Self-Defense Success Stories by Women Andra Medea and Kathleen Thompson	Inspiring and informative. The first book to gather success stories and articulate the range of creative and resourceful actions used to escape violence. Very helpful to new SD students.
<input checked="" type="checkbox"/> The Courage to Heal: A Guide for Women Survivors of Child Sexual Abuse E. Bass and L. Davis	On the other side of victimization, some survivors find wisdom and healing. This is a great guide to processing through the pain. Other editions available for special interest groups.
<input checked="" type="checkbox"/> Stopping Rape: Successful Survival Strategies. The Bloody Footprints Pauline Bart and Patricia O'Brien	Groundbreaking and essential reading. Dr. Bart is one of the first academics to examine women's resistance to male violence and to theorize about resistance strategies.
The Gentle Art of Verbal Self-Defense Suzette Haden Elgin	A variety of books by this author are very useful examinations of communication and gender. Good resources to improve insight, self-awareness and skills for relating, especially for SD leaders.
<input checked="" type="checkbox"/> Beauty Bites Beast: Awakening the Warrior Within Women and Girls Ellen Snortland	Excellent book on gender issues. An empowering light on femininity and cultural influences for girls in modern-day America. Follow this author online as well.
Where the Girls Are: Growing Up Female with the Mass Media Susan J Douglas	An articulate, fascinating discussion of media, commerce and femininity. Food for thought, long after you close the book.
<input checked="" type="checkbox"/> Women's Reality: An Emerging Female System in a White Male Society Anne Wilson Schaef	Enlightening reading! Do men and women inhabit the same planet? Women's experience is distinct from male experience. Recognizing the distinctions is critical for effective programming for WSD.
Against Our Will: Men, Women and Rape Susan Brownmiller	This classic foundation text looks in depth at issues of gender and sexual violence. A bit dated, but sadly, wholly pertinent and still illuminating. A must read for anyone who cares to understand the issues and history involved in sexual violence.
<input checked="" type="checkbox"/> Transforming a Rape Culture E. Buchwald, P. Fletcher and M. Roth (eds.)	Short essays, great topics on culture and gender violence and what we can do and are doing. Great overview on activism, social change issues, male views. Essential reading.