

RECOMMENDED READING

EXPAND YOUR KNOWLEDGE. CHALLENGE YOUR THINKING. KEEP LEARNING.

MEAN GIRL SELF DEFENSE | EDUCATIONAL RESOURCE

Self defense education goes far beyond physical techniques. Understanding human behavior, violence, manipulation, trauma, and decision-making can help you recognize concerning situations and make more informed choices.

We've organized our recommended reading into three categories to help you explore the subjects that interest you most.

01 VIOLENCE PREVENTION & SELF DEFENSE

Explore the psychology of violence, threat recognition, intuition, fear, and practical self defense.

Gavin de Becker

The Gift of Fear

Rory Miller

Meditations on Violence

Facing Violence

Dave Grossman

On Combat (with Loren W. Christensen)

On Killing

Tony Blauer

Educational articles, training resources, and materials on fear management and personal protection

Randy King

The Timeline of Self-Defense

02 SEXUAL VIOLENCE & SURVIVOR PERSPECTIVES

Gain a deeper understanding of sexual violence, victim-blaming, survivor experiences, and the challenges surrounding trauma and recovery.

Alice Sebold

Lucky - A memoir exploring sexual assault and its aftermath. Readers should be aware that the man convicted in connection with the assault was later exonerated.

Kate Harding

Asking for It: The Alarming Rise of Rape Culture - and What We Can Do About It

03 TRAUMA, BEHAVIOR & PSYCHOLOGY

Explore how trauma affects the brain and body, recognize patterns of manipulation, and better understand human behavior.

Bessel van der Kolk

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma

Martha Stout

The Sociopath Next Door

A NOTE ABOUT RECOMMENDED READING

These resources represent different perspectives, experiences, and areas of expertise. Inclusion on this list doesn't mean Mean Girl Self Defense endorses every claim, conclusion, or training philosophy presented.

We encourage you to read critically, question assumptions, explore different viewpoints, and continue developing your understanding.

PUT IT INTO PRACTICE

Choose one book or author that interests you. As you read, consider:

- What did I learn that I didn't know before?
- How does this information relate to violence prevention or personal safety?
- What ideas would I like to explore further?
- How can I apply what I've learned to my everyday life?

KNOWLEDGE CREATES OPTIONS.

The more you understand about violence, human behavior, and personal safety, the better equipped you may be to recognize situations, evaluate your options, and make informed decisions.

KEEP LEARNING. KEEP GROWING.

Explore educational resources, free and paid online training, and upcoming seminars through Hero Self Defense Academy and Mean Girl Self Defense.

Visit meangirlselfdefense.com to find an instructor, explore training opportunities, or register for an upcoming event.

