



The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens

By *Ellen Snortland, Lisa Gaeta*



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FOR PARENTS:

Do you avoid speaking to your kids about violence? It's not your fault; you probably don't know what to say or even how to begin. Reading **The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence** will start the conversation for you in a thorough and entertaining way.

This is a book that will change -- and possibly even save -- your life, or the life of your child. **The Safety Godmothers** -- Ellen Snortland and Lisa Gaeta -- know violence reduction and prevention from A-Z. This book is an invaluable compilation of Ellen and Lisa's personal safety techniques, practical insights and advice, based on their decades of real-world experience. Gavin de Becker, a revered authority in violence prevention worldwide and Oprah's go-to expert, shares his know-how in three featured chapters.

In addition, there are more than 20 real-life success stories, where all sorts of people overcame dangerous situations by using time-tested, reliable skills that let them set verbal and physical boundaries when their safety was compromised. The results will astound you!

FOR TEENS:

Uh-oh! A creepy guy scared the wits out of you when you were out with your friends. All you could do was freeze, and hope he'd go away. You want to tell your parents about it, but you don't want to freak them out because you cherish your freedom. **The Safety Godmothers**, Ellen Snortland and Lisa Gaeta, hear you.

Your friends say, "Get over it!" "Ignore it." "You make a big deal out of everything." Nonetheless, YOU want to understand what to do next time, whether it involves bad behavior by someone you know, or from a stranger. It's bad enough if you're a girl; boys are "supposed" to know how to handle dicey situations with violent people. Who can they talk to about personal safety without being labeled a "wimp"?

From weekly indignities at school or work, to really scary situations, reading **The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence** will help you to be out and about safely. Gavin de Becker, Oprah's go-to expert, shares his know-how in three featured chapters.

While the subject matter sounds serious, the book is actually a lot of fun. Ellen and Lisa provide "How We See It" commentary that is often irreverent ... and sometimes even a little bit naughty! You've never had such a good time learning to stay safe.

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Editorial Review

Review

Safety and Self Respect With Style!

The Safety Godmothers is an uplifting and inspiring book that leaves the reader cheering for each of the protagonists in these true stories. The writing is fresh and clear, with generous helpings of humor.

The stories show how people effectively deal with a dangerous situation, often using ingenuity rather than force. Best of all, this book shows how you can become your *own* hero.

Written primarily for teens, parents and adults can also use this book in so many ways. Read it with your teen!

-- *Cristael Ann Bengtson (educator & author), September 8, 2014*

From the Back Cover

QUOTES FROM TEENS -- BOTH GIRLS AND BOYS -- WHO HAVE TAKEN AN IMPACT PERSONAL SAFETY COURSE

"I am more aware of situations and how to stay safe."

"I've felt an incredible transformation in my confidence and my awareness."

"I learned how to avoid bad situations before they occur."

"I now have calm and confidence in the face of distress."

"My favorite part was hitting the guy and not getting in trouble!"

About the Author

The Safety Godmothers is not only the name of the book, but also the identity of its two authors, Ellen Snortland and Lisa Gaeta. **The Safety Godmothers** have decades of experience in training thousands of women, girls, men and boys in verbal and physical self-defense.

Ms. Gaeta is the founder and CEO of IMPACT Personal Safety of Southern California, and recognized internationally as one of the leading trainers in full-force, adrenaline based self-defense.

Ms. Snortland is the author of "Beauty Bites Beast: Awakening the Warrior in Women and Girls," which is deemed a classic in the personal safety field. She has spoken about and taught self-defense all over the world, and been featured on Dateline NBC.

Gavin de Becker, our "Safety Godfather," is widely regarded as the leading expert on the prediction and management of violence. He is also the author of several books, including the best-selling "The Gift of Fear."

The Safety Godmothers wish you the best life has to offer and the inspiration to live a full and courageous life... and kick some serious butt if you must!

Users Review

From reader reviews:

Maryann Goldberg:

Nowadays reading books become more than want or need but also be a life style. This reading routine give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book this improve your knowledge and information. The information you get based on what kind of book you read, if you want get more knowledge just go with education books but if you want sense happy read one together with theme for entertaining like comic or novel. The actual The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens is kind of e-book which is giving the reader erratic experience.

Michael Kelly:

This book untitled The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens to be one of several books which best seller in this year, that is because when you read this book you can get a lot of benefit upon it. You will easily to buy this specific book in the book retail store or you can order it through online. The publisher with this book sells the e-book too. It makes you quicker to read this book, as you can read this book in your Mobile phone. So there is no reason for your requirements to past this e-book from your list.

Treva Ritter:

The actual book The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens has a lot of knowledge on it. So when you read this book you can get a lot of gain. The book was authored by the very famous author. Mcdougal makes some research just before write this book. This particular book very easy to read you may get the point easily after reading this article book.

Gordon Frederick:

This The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens is great reserve for you because the content which can be full of information for you who all always deal with world and also have to make decision every minute. This specific book reveal it info accurately using great manage word or we can state no rambling sentences within it. So if you are read the item hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but challenging core information with lovely delivering sentences. Having The Safety Godmothers: The ABCs of Awareness, Boundaries and Confidence for Teens in your hand like obtaining the world in your arm, facts in it is not ridiculous 1. We can say that no guide that offer you world within ten or fifteen small right but this e-book already do that. So , this really is good reading book. Hello Mr. and Mrs. active do you still doubt that will?

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