

# SELF-PROTECTION PRESS

Spring 2010 © Worthington-Fein

**We Are Going Green  
Dr. Judith Fein's  
Groundbreaking New Book  
Testing Your Canister  
Canister Sizes  
Free Shipping Offer**

**WE ARE GOING GREEN!**

This is our first on line edition of Self-Protection Press. Future issues and information will come to you by e-mail.

## **DR. FEIN'S GROUNDBREAKING NEW SELF-DEFENSE BOOK**



Dr. Judith Fein's groundbreaking new book, "Breaking The Intimidation Game—The Art of Self-Defense", © 2010.. In "Breaking The Intimidation Game—The Art of Self-Defense",

Dr. Fein combines her 35+ years of self-defense instruction with 35 years of rape resistance and avoidance research to write this scholarly yet practical 220—page guide. Dr. Fein breaks new ground in the art of self-defense, with the psychology of intimidation. She inspires her readers to develop their own personal power with actual first person success stories. **For book details, link here:**

<http://www.torrancepublishingcompany.com/breaking-the-intimidation-game/>

You qualify for free shipping until 4/30/10 and a discounted book price with your order.

## **Worthington-Fein**

### **Self-Protection Services**

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## **SELF-DEFENSE CLASSES AND WORKSHOPS**

Dr. Judith Fein conducts dynamic interactive self-defense workshops at Finley and Steele Lane Community Centers in Santa Rosa.

Two different 4-hour workshops are available:

*Breaking The Intimidation Game—The Art of Self Defense and Streetwise and BodySafe for Mothers and Daughters*

Dr. Fein also teaches full semester courses at CCSF and SFSU. If you would like to take a class or workshop, link here for the schedule:

<http://www.worthingtonfeinselfprotection.com/schedule-of-classes-workshops>

## **TESTING YOUR CANISTER**

Canisters have a shelf life of approximately two years from time of purchase. Check your date of purchase and test canister for pressure. Test for pressure every four to six months—press firmly with your thumb on the trigger for one half second. (Test outdoors with the wind behind you.) The canister should have plenty of pressure. Look inside this newsletter for our new models. If your canister is over 2 years old or doesn't spray, we recommend that you order a new canister

**WE OFFER  
QUALITY PRODUCTS**

# PRODUCTS PAGE

If you need a new canister, or would like to try a different model, you can confidently purchase from us. Commercially purchased canisters are probably cheaper than our canisters and you may think that you are getting a good deal. But are you? There is no quality control on pepper/tear gas products. The market is full of cheap products of questionable quality. Most commercial pepper shoots as a stream. Did you know that for pepper to be effective, you need to spray directly into the open eyes? Is there enough chemical in the canister to test it when you first buy it and then every four to six months? Would there be anything left if you needed to use it to ward off an attack? Do you trust the product to defend your life? You can buy a cheap product, or you can invest in a quality product from us. We have 5 sizes. The smallest canister is Pen-14; it looks like a marker pen and is easy to conceal; The CY-35 is for bicyclists. We carry AD 25, AD 50 and HM 80. I personally carry AD-50. It is compact, holds a lot of spray, and shoots up to 15 feet. A safety holster with belt clip is available.

## Our Proprietary Aerosol Defense Spray

- **3-in-1 formulation takes effect immediately & produces a more intense effect than pepper or CS only. Spray Contains UV dye for suspect identification**
- **Combines both an irritant (CS Military Tear Gas) and an inflammatory (Oleoresin Capsicum/Red Pepper) to produce a blended formulation, which is superior to all single ingredient defense sprays.**



### YOU CAN ORDER OUR PRODUCTS 4 WAYS:

(1) ORDER ON-LINE FROM OUR ONLINE STORE:

<http://www.worthingtonfeinselfprotection.com/products-page>: The password is: *basha*

(2) Download our PDF order form: [http://www.worthingtonfeinselfprotection.com/wp-content/uploads/2008/09/Order\\_Form\\_SP\\_Press\\_Spring\\_20101.pdf](http://www.worthingtonfeinselfprotection.com/wp-content/uploads/2008/09/Order_Form_SP_Press_Spring_20101.pdf)

and call us at: (707) 829-7233

(3) Download our PDF order form: FAX your order to: (707) 823-3581

(4) Download our PDF order form: mail to: PO Box 2558, Sebastopol, CA 95473