



## **Janet Goliger Featured Author 2007 Los Angeles Times/UCLA Festival of Books April 28-29**

*I NEED TO BE SAFE: I'M WORTH IT!*, a unique self-defense book for children by Janet Goliger, will be on display at the 2007 LA Times/UCLA Festival of Books. From understanding how to be more aware of your surroundings to abductions, *I NEED TO BE SAFE* shows children and parents how NOT to be a victim.

**/24-7PressRelease/** - SHERMAN OAKS, CA, March 27, 2007 - "I NEED TO BE SAFE: I'M WORTH IT!", the unique self-defense book for children by Janet Goliger, will be previewed at the 2007 Los Angeles Times/UCLA Festival of Books, April 28-29 on the UCLA campus. "I NEED TO BE SAFE", includes real success stories and proven self-defense techniques to keep children safe in any threatening situation. Parents are encouraged to practice these safety techniques with their children, instilling self-confidence in their child while having fun and bonding with their parents.

Praised by parents for its simple yet effective survival tools, and the step-by-step photos explaining every technique, this book gives parents and children the tools they need to be more aware and ready to take action. *I NEED TO BE SAFE* will be on display at Booth #610 of the Authors' Coalition, a collaborative writers' group. *I NEED TO BE SAFE: I'm WORTH IT!* (ISBN 978-0-9768273-2-0; CLASS Publications, June 1, 2006; Paperback: \$19.95) gives children the self-confidence to defend themselves in any threatening situation, conflict resolution to determine which self-defense approach to take if needed, and verbal and physical self-defense techniques to take action against any attacker.

"I NEED TO BE SAFE: I'M WORTH IT!" shows parents how to work with their child using the step-by-step pictures and captions for each of the 32 self-defense techniques, how to be aware of your surroundings, identifying strangers, approached by a stranger, safety levels, and safety tips. The techniques are simple yet effective enough for any child to escape the clutches of an abductor. "The reality is that children are small, weaker than their attackers, and they are vulnerable", says Janet Goliger " however, they are not defenseless if we arm them with the appropriate tools. They need to know to never enter that car, never grab that hand, and how to get away before they are grabbed. The key to their survival is the ability to recognize danger before something happens, and the ability to flee if attacked by surprise. Children must fight back."

To learn more about this unique self-defense book by Janet Goliger, please visit Booth #610 of the Authors' Coalition at the Los Angeles Times/UCLA Festival of Books. In its twelfth year, the Los Angeles Times/UCLA Festival of Books will host more than 300 exhibitors and 350 authors as well as 130,000 visitors who attend the fair free of charge. Janet Goliger will be featured on April 29th from 12 PM (noon) - 1 PM while signing her new book.

Janet Goliger is a Physical Education Teacher, and 2nd degree black belt. She has been an educator for 29 years and currently teaches elementary physical education in the Glendale Unified School District, Glendale, CA. Janet initiated the original C.L.A.S.S. Self-Defense program in 1999 and continues to teach her students how to be safe in an unsafe society, in addition to training other teachers to use this program within their existing curriculums. As a martial artist, Janet has been training for 14 years, hold a 2nd degree black belt in Okinawan Shido-kan karate, and another 2nd degree black belt in Okinawan Shorin-ryu karate, and is a member of the North American Beikoku Shido-kan Karate Association.

The C.L.A.S.S. Self-Defense program is credited with saving several children's lives. More information can be found at <http://www.classeducation.org>.

C.L.A.S.S. Self-Defense and "I Need to be SAFE: I'm Worth It!" teaches children how to defend themselves in any threatening situation, empowering them with techniques they can use to be more aware of their surroundings and to be able to escape would-be abductors. For further information, please contact us at <http://www.classeducation.org> or 818-990-9909

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