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# GET EMPOWERED

A Practical Guide to Thrive, Heal, and  
Embrace Your Confidence in a Sexist World  
By Nadia Telsey and Lauren R. Taylor

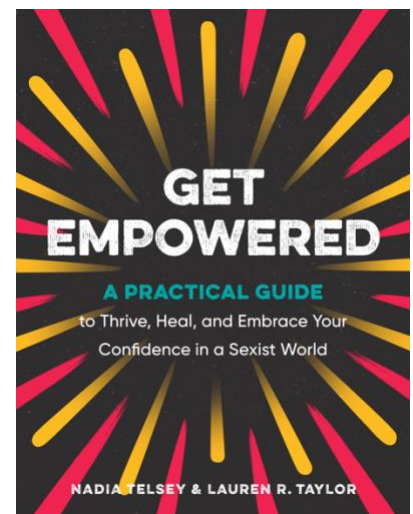
**A practical guide for women and LGBTQIA+ people to claim their right to be safe, to take up space, and to speak up for themselves.**

Most women and LGBTQIA+ people are told not to walk alone at night, leave their drink unattended, hurt anyone's feelings—and the list goes on and on. These "rules" are taught from a young age with the goal of keeping them safe from harassment, abuse, and assault. While the #MeToo movement has swept the globe and shined a light on the pervasiveness of gender-based violence that led to these "rules," the fears persist—and for good reason.

While men—who commit almost all gender-based violence—are the ones responsible for changing, those who are targeted shouldn't have to wait for the world to become a better place so they can live safer, more confident lives.

**GET EMPOWERED: A Practical Guide to Thrive, Heal, and Embrace Your Confidence in a Sexist World** (TarcherPerigee; on sale October 3, 2023) by Nadia Telsey and Lauren R. Taylor is a practical guide for women and LGBTQIA+ people to gain skills for self-protection, reduce the barriers that make self-advocacy difficult, heal from past assaults, and create bigger, more authentic lives.

Telsey and Taylor have been working for decades to end gender-based violence by teaching empowerment self-defense to those who need it. Employing their extensive knowledge and experience, they aim to facilitate real change in readers' abilities to speak up for



themselves and live their lives with less fear. Through real-life stories, meaningful questions, and interactive exercises, **GET EMPOWERED** teaches readers to:

- Defy the messages telling you to be small or passive, and help you gain skills to value and advocate for yourself.
- Reduce the effects of trauma and heal from the harm you may have experienced by gaining an understanding of what happened, releasing self-blame and shame, and holding aggressors accountable.
- Better understand your choices and behavior and make decisions that will help you get more of what you want and deserve.
- Take up space, and live your life feeling more safe, confident, and free.

Using a hands-on workbook structure, **GET EMPOWERED** reveals the barriers women and LGBTQIA+ people face when advocating for themselves and equips readers with skills to overcome those barriers and deal with everyday violations. Whether you're looking for ways to advocate for yourself, a survivor focused on healing, or you're committed to being an ally, this book will provide the tools you need to thrive.

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## About the Authors

**Nadia Telsey** pioneered the field of verbal and emotional (as opposed to solely physical) self-defense, beginning with the co-founding of the feminist Center for Anti-Violence Education in Brooklyn in 1970. She has taught self-defense to thousands of students in the U.S. and abroad, including for seventeen years at the University of Oregon, where her class has been the subject of research on the efficacy of the approach. Her work against gender-based violence included many years serving on the Oregon Attorney General's Sexual Assault Task Force and has influenced a generation of self-defense instructors both in the U.S. and around the world.

**Lauren R. Taylor** has been working to end gender-based violence since 1978, when she co-founded Washington, D.C.'s, first shelter for abused women and their children. As an empowerment self-defense teacher, she's facilitated close to 2,000 classes and workshops for more than 35,000 people. Taylor writes extensively on violence prevention and interpersonal violence. Her work has been featured in *The Washington Post*, *Self*, and *The Huffington Post*, and on National Public Radio, *Upworthy*, *Quartz*, *Mic*, and more.

For more information, see [defendyourself.org](http://defendyourself.org) & [laurenrosetaylor.org](http://laurenrosetaylor.org)