



The Action Heroine's Handbook

Jennifer Worick, Joe Borgenicht

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For every woman who wants to be as tough as Lara Croft, as nimble as the Bionic Woman, and as babe-acious as Charlie's Angels, *The Action Heroine's Handbook* shows you the essential skills you'll need to conquer the bad guys and save the day without breaking a sweat.

Find out how the real action heroines do it, directly from a host of experts, including stuntwomen, jujitsu instructors, helicopter pilots, detectives, forensic psychologists, survivalists, primatologists, and many others.

Learn to:

- Profile a serial killer
- Outwit a band of home intruders
- Navigate white water rapids
- Go undercover as a beauty queen
- outrun a fireball

And dozens of other Tough Chick Skills, Beauty Skills, Brain Skills, Brawn Skills, and Escape Skills. Special sections and appendices feature the top action heroine hairdos, handbag essentials, and the best footwear for every action situation. With step-by-step instructions and easy-to-follow illustrations, *The Action Heroine's Handbook* will prepare you to save the world, one baddie at a time.

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