



# **The Action Heroine's Handbook: How to Win a Catfight, Drink Someone Under the Table, Choke a Man with Your Bare Thighs, and Dozens of Other TV**

*Jennifer Worick, Joe Borgenicht*

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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:

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- Outwit a band of home intruders
- Navigate white water rapids
- Go undercover as a beauty queen
- Outrun a fireball

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