

Mansfield, Ohio, Senior Citizen Publishes New Book about Self Defense for Women

Written by Australian Business

(PRLEAP.COM) "Aikido for Women," a new book by Barbara Frentsos Butler, has been released by Dorrance Publishing Co., Inc.

Unbelievable! A petite, eighty plus-year-old woman is able to control and throw large men. "Aikido for Women" spills the secret any woman, regardless of age and size, will find useful to protect and defend herself against various types of attacks.

About the Author: Barbara Frentsos Butler graduated from Ohio Wesleyan University with a bachelor's degree in fine arts and with departmental honors in art and journalism. She earned her master's degree in education from Bowling Green State University. She pursued her career as an educator, a writer, and a dance teacher while raising a family. She retired from teaching and pursued her career in performing arts. After her husband died, she then decided to take lessons in Aikido. She earned her first black belt at the age of seventy-five.

"Aikido for Women" is a 146-page paperback with a retail price of \$14.00. The ISBN is 978-1-4809-0236-7. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore at www.dorrancebookstore.com