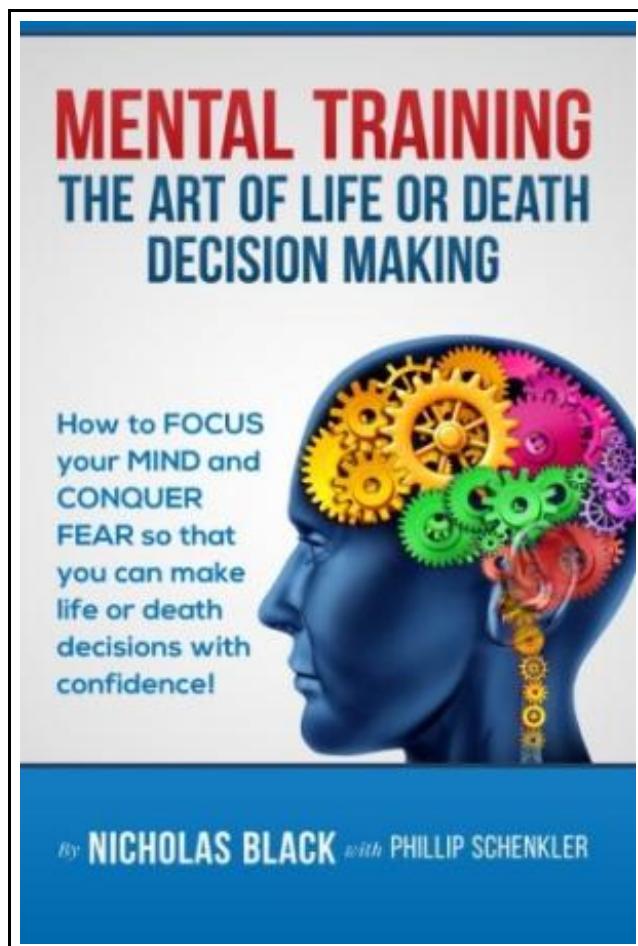


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Reviews

It is one of my personal favorite books. It really is filled with wisdom and knowledge. Your daily life period will likely be enhanced the instant you total looking at this pdf.
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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Mental Training: The Art of Life and Death Decision-Making! By Nicholas Black (Sports Psychology; Sports Science: Martial Arts Self-Defense) *Learn to make LIFE or DEATH decisions NOW! In life or death decision-making scenarios, there s usually only a small list of possible outcomes that are positive. Time is not on your side. Luck doesn t exist. All you have is your training and experience to guide you. You either have one or the other-Training . . . or Experience. There is no middle ground. If you act, instead of reacting, you can raise the statistical chances for your survival and the survival of those you intend to help. A slow reaction significantly reduces your chances of living. INACTION means YOU DIE. My name is Nicholas Black, and I m going to show you how to deal with fear, by showing you how we ve dealt with it. I ve been shot at, stabbed, stranded, left for dead, hunted, stalked, and overwhelmed. I m not a guru or a master at anything in particular. But I ve had good coaches. I ve trained with the toughest and most astute observers of success conditioning, military strategy, unconventional warfare, sports hypnotherapy, Mixed-Martial Arts (MMA), and emergency response. I was a bodyguard, a member of the Navy and the French Foreign Legion, a bouncer, and a fighter. Since I m admittedly not exceptional at anything in particular, that should reassure you that the basic guidance I can offer you is actually useful. There is some merit in my words simply because I m here to give you these words. Our idea with this book is to give you tools you can use...



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