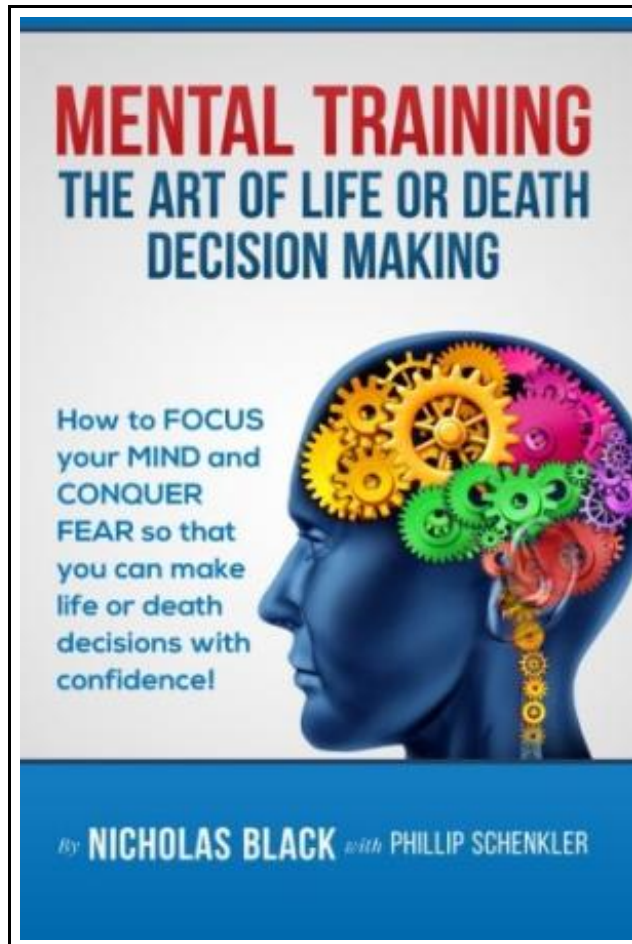


# Mental Training: The Art of Life or Death Decision Making!: How to Focus Your Mind and Conquer Fear So That You Can Make Life or Death Decisions with Confidence!



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## ***Reviews***


*A must buy book if you need to adding benefit. Better then never, though i am quite late in start reading this one. I am very happy to inform you that this is basically the very best book we have study during my own life and could be he finest ebook for possibly.*  
***(Rodger Hane)***

## **MENTAL TRAINING: THE ART OF LIFE OR DEATH DECISION MAKING!: HOW TO FOCUS YOUR MIND AND CONQUER FEAR SO THAT YOU CAN MAKE LIFE OR DEATH DECISIONS WITH CONFIDENCE!**



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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