



Mental Rehearsal For Warriors (Meditation) (Volume 2)

Loren W. Christensen

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Meditation for Warriors showed martial artists, cops, soldiers, and others how the simple act of sitting or standing quietly in meditation for a few minutes—without anyone knowing—can better prepare you for hard training, competition, the harsh reality of real combat, and the recovery. In the same vein, Mental Rehearsal For Warriors shows how meditation combined with mental rehearsal—sometimes called visualization or imagery—isn't supernatural, New Age, magical, or in any way woo-woo. It doesn't require years of study or the guidance of a robe-wearing guru. You already do it everyday to some extent. In this easy-to-follow book you learn to do it better to make you the best warrior you can be. Mental Rehearsal For Warriors introduces 12 new meditation techniques to calm your mind and relax your body so your subconscious is receptive to your mental rehearsal practice. You learn to rehearse such vital skills as calming your mind before and after a stressful event; facing an adversary; learning self-defense; engaging in a gunfight; performing a high-risk vehicle stop; learning new skills; skill maintenance; overcoming anxiety dreams; giving presentations, and more. A bonus chapter shows school teachers how to mentally rehearse surviving a school shooting. In the very near future, mental rehearsal will be a natural part of every warrior's training regimen, as natural as shooting, grappling, jumping out of a plane, and running laps. Why wait for the future? Others aren't.

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