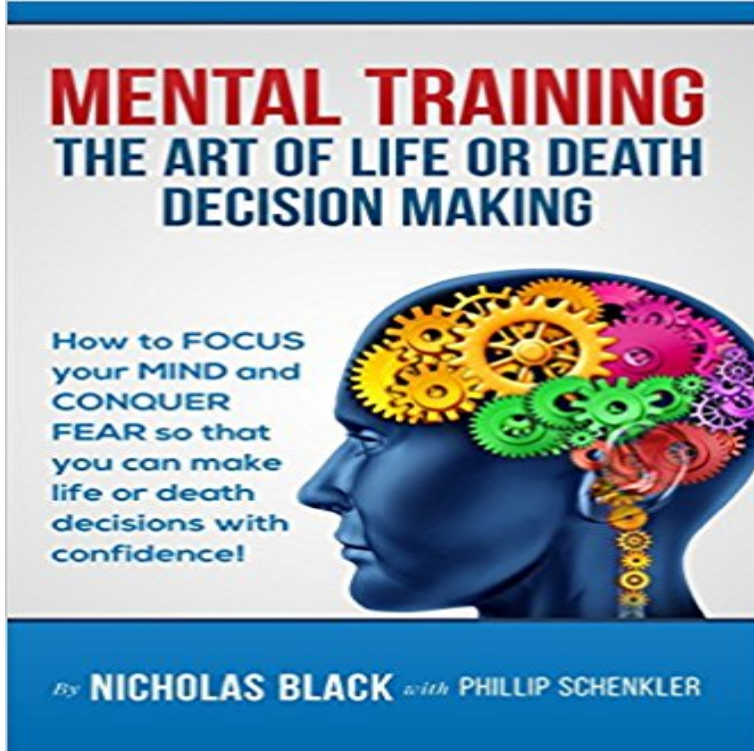


## Mental Training: The Art of Life or Death Decision Making!: How to FOCUS your MIND and CONQUER FEAR so that you can make life or death decisions with ... (Nicholas Blacks How-to Series) (Volume 6)



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 re-acting, 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 (IDLE CAR and OCD decision-making processes), right now, that improve your chances for survival by giving you a process and a mental game for dealing with life or death decision-making scenarios. I'm going to use events that occurred to me personally, as well as situations that my closest friends and comrades experienced. I

will walk you into situations that had limited choices due to circumstances beyond our control. Many of these decisions were life or death, and others are designed so that you can experience traumatic situations. Our goal with this book isnt to tell you what to do in a life or death decision-making scenario. Rather, its to prepare you mentally to make the best decisions you can when time isnt on your side. Thats what were all fighting for, isnt it . . . more time. More time to choose the right path, and more time to make the right decision. REMEMBER: You either have TRAINING or EXPERIENCE! Throughout our lives we face challenges and obstacles, and constantly surpass them. Your mind is a muscle, and decision-making under fire is a skill. Talent cant be taught, but a skill can be. You should read this book with the goal of developing the skills necessary to make life or death decisions. Train your body and mind to assist you in this process, rather than getting in the way, as our bodies and chemistry all too often do. Were going to provide you with a basic fundamental understanding of your bodys biological driving forces, and then look at examples and scenarios that relate to the subject matter we are studying. This book can be used as a resource for training your mind in a variety of ways. If you have particular issues that need to be dealt with, this book will have you training almost immediately. If you want a broad understanding of the underpinnings of Life or Death decision-making then youve also got the right book. This book is a mental training guide and introduction into high-stress decision-making. With this training you can develop confidence, coping mechanisms, and the underlying mental toughness thats necessary to make life or death decisions quickly and confidently, no matter what the situation. NOW . . . LETS BEGIN YOUR TRAINING!

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