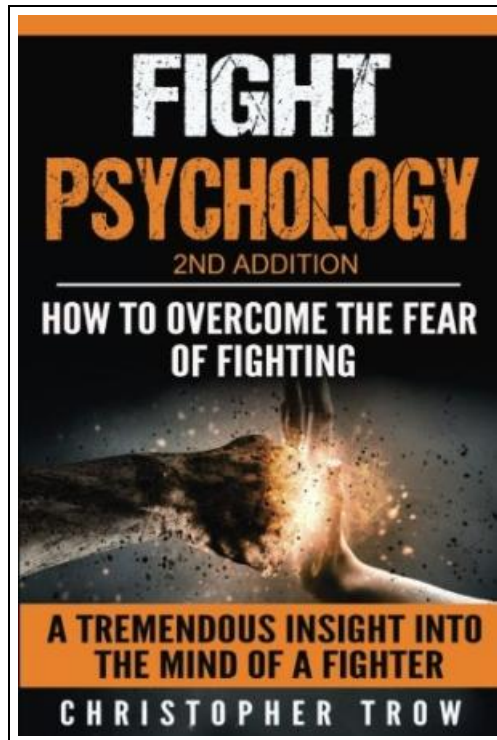


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Fight Psychology: How to overcome the fear of fighting is a very interesting read, enclosed is an insight to how professional fighters think and live their lives to gain confidence for success and to have their best performance possible. Author Christopher Trow is an experienced and credited Fitness Trainer a life time Martial Artist and practicing Psychologist that has worked with many Mixed Martial Arts fighters within the UK. After many one to one interviews with professional fighters he has managed to gather the perfect insight to the fight game and mind of a fighter. He also discusses why professional athletes cheat to gain an edge. You ll learn the steps to how professional fighters gain confidence and how it can increase or decrease fight by fight and in the training room. Enclosed also is an interesting look at why people are afraid of fighting and how to overcome it through daily strategic rituals, to change your mindset and eliminate the anxiety to remain calm during a confrontation or fight. How to defend yourself and diffuse the situation, how to control the adrenaline and work with it to overcome the situation and be in the present moment. Also, inside you ll learn how to meditate and visualise to clear your mind, how to build confidence, how to prepare for a fight, the difference between real and false confidence, how to physically and mentally prepare for a fight and how to stay ready - not be ready. Includes a free exercise routine for muscle strength and conditioning. Subjects that are covered include: -Chapter 1: Anxiety: Fight or Flight: The fear of fighting and how to get over it -Chapter 2: How to...



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