

Download On Combat Free eBook PDF/ePub/Mobi - Lt. Col. Dave Grossman & Loren Christensen



Download or Read Online On Combat Lt. Col. Dave Grossman & Loren Christensen Free eBook PDF/ePub/Mobi/Mp3/Txt, On Combat looks at what happens to the human body under the stresses of deadly battle the impact on the nervous system, heart, breathing, visual and auditory perception, memory - then discusses new research findings as to what measures warriors can take to prevent such debilitations so they can stay in the fight, survive, and win. A brief, but insightful look at history shows the evolution of combat, the development of the physical and psychological leverage that enables humans to kill other humans, followed by an objective examination of domestic violence in America. The authors reveal the nature of the warrior, brave men and women who train their minds and bodies to go to that place from which others flee. After examining the incredible impact of a few true warriors in battle, On Combat presents new and exciting research as to how to train the mind to become inoculated to stress, fear and even pain. Expanding on Lt. Col. Grossman s popular "Bulletproof mind" presentation, the book

explores what really happens to the warrior after the battle, and shows how emotions, such as relief and self-blame, are natural and healthy ways to feel about having survived combat. A fresh and highly informative look at post traumatic stress syndrome (PTSD) details how to prevent it, how to survive it should it happen, how to come out of it stronger, and how to help others who are experiencing it. On Combat looks at the critical importance of the debriefing, when warriors gather after the battle to share what happened, critique, learn from each other and, for some, begin to heal from the horror. The reader will learn a highly effective breathing technique that not only steadies the warrior s mind and body before and during the battle, but can also be used afterwards as a powerful healing device to help separate the emotion from the memory.

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