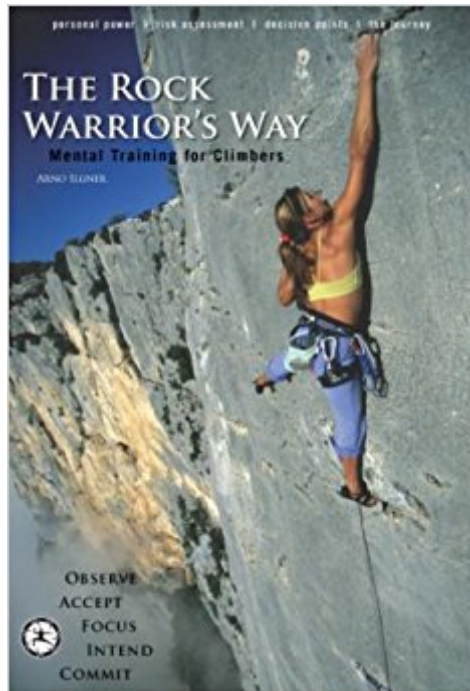




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# The Rock Warrior's Way: Mental Training For Climbers



## Synopsis

Mental training is scarcely covered in the climbing literature, yet it is as important to performance as strength, flexibility, and technique. In his unique approach to mental training, Arno Ilgner draws essential elements from the rich 'warrior' literature, as well as from sports psychology, and combines these with his extensive climbing experience to create *The Rock Warrior's Way*. Here is a comprehensive program for learning how to focus your mental resources during a challenging climb. It includes step-by-step guidance on motivation analysis, information gathering, risk assessment, mental focus, and deliberate transition into action. Poor use of attention creates fear, which can manifest itself as anything from performance anxiety to sheer terror. By using attention more purposefully we can understand how fear is created, deal with it effectively, and free ourselves to get back in touch with a far more powerful motivating force--our love of climbing. We can then create the kind of unbending intention that leads to outstanding performance. *The Rock Warrior's Way* is a revolutionary program for climbers who want to improve both their performance and their enjoyment of climbing.

## Book Information

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## Customer Reviews

Arno Ilgner distinguished himself as a pioneering rock climber in the 1970s and 80s, when the top climbs were bold and dangerous first ascents. These personal exploits are the foundation for Ilgner's unique physical and mental training program--*The Warrior's Way*. In 1995, after a thorough search of the literature and practice of mental training and the great warrior traditions, Ilgner formalized his methods, founded the Desiderata Institute, and began teaching his program full time. Since then, he

has helped hundreds of student sharpen their awareness, focus attention, and understand their athletic (and life) challenges within a coherent, learning-based philosophy of intelligent risk-taking. Ilgner considers the joy and satisfaction in the effort the journey intimately linked to successful attainment of goals, the destination. Alumni of his courses now include some of the nation's most prominent climbers. Ilgner has run clinics in the north- and southeastern U.S, to California, Canada, and the U.K. He has worked with young competition climbers and written national magazine articles based on his methods. He holds a BA in geology, spent several years operating his own geological consulting firm in the Wyoming oil fields, acted as Chief Financial Officer for an industrial tool distribution company, attended the Army Ranger School, and served a non-combat tour of duty in Korea. He currently resides with his family near Nashville, Tennessee.

What a completely amazing book. I wasn't sure how Arno would fill an entire book worth of "what to think about when you climb", but i now realize that the book is about so much more than that... It has opened my eyes and my mind to so much... i'm recommending this book equally to climbers and nonclimbers alike, anyone who is interested in becoming sharper, more aware, and simply better at ANYTHING it is they do. Oh and by the way, my climbing has significantly improved since reading this book.

Ever bail? This book should be on the reading list of anyone who has ever bailed off a big wall (a mountain or any other uncomfortable committing endeavor) and is strong and mature enough to really confront why. By putting in the effort to truly study this book and open your mind to some unfamiliar and uncomfortable new ideas any person can learn to recognize and better control the unproductive thoughts and behaviors holding back all areas of their lives. Warning: for successful personal improvement this book cannot be casually read. The reader must be truly open and absolutely ready to make some tough changes. Much time and effort must be supplied by the reader on an ongoing basis. This book will serve as a good reference to help direct those long-term efforts. Improvements in the mental game are not as easy to measure as on the physical side so maturity, patience, and trust are mandatory.

Outstanding book on mental training for climbing that will leak into other aspects of your life. Highly recommended, have bought multiple copies as gifts for friends.

Ilgner's book is definitely not something you'll just breeze through in an afternoon. Some of the

concepts are pretty abstract, and a lot of the book's power lies in helping you to look at your own weaknesses and bad habits...which is not something all of us are eager to do. However, if you take some time with the ideas and let them sink in, you may be very surprised and grateful for what you find. One particularly powerful concept is what Ilgner calls "wishing behavior": wishing that a hold were bigger or that the pro was better or closer to you. Once you become attuned to this you will be amazed at how common, and how unproductive, this kind of thinking is. All around you at the crag (and perhaps in your own mind), you'll suddenly hear voices wailing about how hard and impossible it all is, and how they wish the climb or the climber were different. Well, the holds are the holds, the pro is the pro, and you are you. That's the challenge you came for, and this book can help you learn to savor it and thrive in it.

This book can help you go from someone who was scared to climb a pretty solid ladder to a single story rooftop to leading pitches on loose rock with 40-50 foot runouts and questionable pro and be able to say you had fun afterwards. At least, that's what it did for me. I mean, it took a lot of work, some meditation, and I had to read through the book a few times, but it's amazing how it showed me to transform how I think. I will definitely read it several more times and continue to practice the theories.

Few books address the mental aspects of climbing, and that is the focus of this book. Sports psychology- when we apply it to a sport we participate in - requires just as much focus as the physical training. This book will help you enjoy your climbing more and climb better if you put the effort in. 5 Star recommendation!

This book is special. It was recommended by an experienced climber friend who benefitted from its lessons about dealing realistically, productively and powerfully with the challenges of climbing and also with the challenges of life. I'm a novice climber, but it helped me deal realistically with my fear of heights and exposure, as a result of which I successfully and enjoyably ascended a 600-foot via ferrata in the British Columbia mountains recently. It helped me beat phantom fears, eliminate excuses and rationalizations, and make decisions in a logical, step-by-step manner -- which are key mental tools for climbing and for living. I love this book.

I've been buying off of for a few years now, and this is the first time I've ever been compelled to write a review about a book or product. I recommend this book to any one that rock climbs regularly

or wants to get serious about their climbing. This book addresses so many mental aspects of climbing that I face (and still work on improving) since the first day I ever climbed. I'm only halfway through the book and it's already helped me so much. As I read, I've been highlighting ideas/passages that really hit home for me.. I've been remembering them while on the wall, and they've actually helped me on those walls or cruxes where your mind is holding you back. This is a really interesting read and I suggest it to any one that needs help with the mental aspect of climbing. Especially if you are new to climbing. I've only been climbing about 8 months, so this book has really helped me transform my thinking. I've wanted to lend this book to my climbing partner but I don't want to let go of it, I may just buy her one for herself =)

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