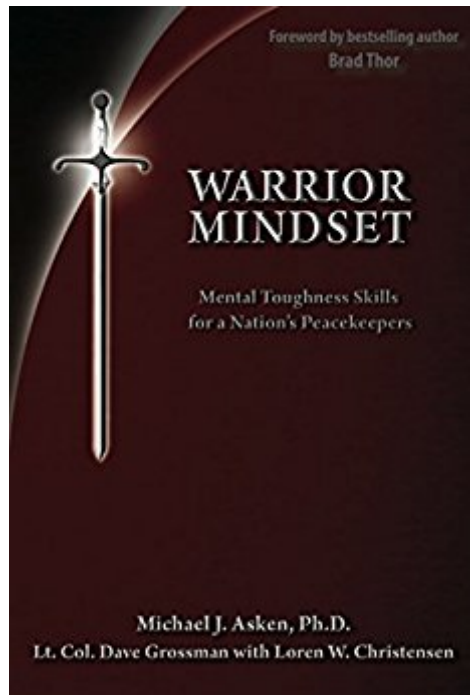


The book was found

Warrior Mindset: Mental Toughness Skills For A Nation's Peacekeepers



Synopsis

Mental toughness is essential for elite human performance and especially in high stress situations. While mental toughness is a singular value in both military and law enforcement training and missions, too often, there is a disconnect between talking about and actually training it. Warrior MindSet defines mental toughness and describes its critical need and function in the face of the performance degrading effects of combat, mission or response stress. Warrior MindSet provides the psychological skills that comprise mental toughness to optimize performance, success, safety and survival in the field.

Book Information

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Customer Reviews

This book is an untypical self help book. It will teach you to improve yourself. The market for the book is soldiers or cops. However I think the way the book is put together just about anyone will get something out of it. The authors walk people through different techniques to improve themselves in high stress worlds. They go about it in a triad approach, mind, body, spirit angle. The authors have scores of both studies with some stories that illustrate their points. I think everyone will get

something from it.

I'm a criminal justice student and this book was recommended to me by a firefighter as a way to help me deal with some concerns I was having about entering law enforcement. Amazing read! This book should be read by any one that has to deal with a stressful situation and keep a cool head. The process of what stress is, how it affects us, and what can be done to handle and minimize it is covered. The mind and body are addressed, how they both can lead to mission failure (don't be intimidated by the lingo, your mission can be as common as dealing with a coworker, or something more specialized) and what can be done to improve skills for both. There are numerous references to experiences and studies backing up the information in this book, this is not an old soldier lamenting over how it was done in his day. I have no doubt the information in this book will make me a better officer, it has already made me a better employee at my current job. Buy this book!

This is a fantastic read even if you are not in a warrior type employment. As a matter of fact, I would highly recommend this to anybody who is specifically not in a career that one would consider of a warrior nature. It gives the reader an idea what the soldiers, first responders, officers, etc must endure and how they are capable of doing what many others could not handle. This book also provides some insight to simple but effective techniques for keeping calm and focused in any situation. I always enjoy reading things that promote learning to control and direct your mind instead of just succumbing to its terrifyingly sporadic nature. Great read and very enlightening.

I felt this was an excellent read. Imo, it should be on the readers list for USMC commandants reading list, police, fire and ems reading lists. The cons of this book imo were the authors often overlapped their own research into the book - Grossman, Asken, Christian. Though imo this book delves the deepest as far as one piece of work integrating the ability to keep mental toughness and clarity. A definite top read. My quick breakdown and take away from the book is breath control(to control the autonomic system), goal orientation, progressive steps to goal all provide a feedback loop for mental toughness. As a professional firefighter one of the top calls we respond to on a Daily basis is "shortness of breath, difficulty breathing," most of these people are unable to self regulate themselves, this is the strength of the book imo on making people aware and teaching them the means and need to do so. Personal examples would be a 4yr old with a badly deformed wrist from falling 6plus feet, had the ability to self regulate due to the calm parent present, he did not shed a tear or complaint though in obvious pain in comparison to regular calls from adults for their panic

attacks from the simplest of things. This is not to say this is the only book where one could learn to self regulate, but it is the most comprehensive with regard to research and application for the warrior-military, police, fire, ems. This book recognizes the need for the physical and psychological tools needed for optimal success. "The secret of success in life is for a a man to be ready for his time when it comes" B. Disareli

This should be mandatory reading for every member of our armed forces and law enforcement. Excellent book with insightful instruction for people who go into harms way!!

Great book. Not going to lie, it has a lot of big words that i don't understand. Still a great book!

In a world full of negativity I need a daily dose of coping skills. This book is about the coping skills of those in more stressful situations than any of us "normal" folk will ever find ourselves in. I got to this book via a Google search after reading an article about how well the Navy SEALs handle stress in combat. That article, sorry I can't remember where I read it, went into detail of how almost no Navy SEALs have problems with post traumatic stress disorder, that affects many other combat vets. While they admit the intense "weed out" training the SEALs go through during BUDS training, Hell week and beyond plays a big part by those not so hard wired to handle highly stressful situations, they also say some of these coping skills are not only taught to the SEALs, but can be learned by us mortals. I like the book. It isn't the typical self-help book that lines the shelves at any book store, and that kind of explains why I like it so much.

Excellent book. Thought provoking! Highly recommend this seller.

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