

# Mental Training: The Art of Life or Death Decision Making: Focus Your Mind and Conquer Your Fears in: Sports, Martial Arts, Self-Defense, Business



Your life is on the line! 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 have either one or the other - training or experience. There is no middle ground. If you act instead of reacting, 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.

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