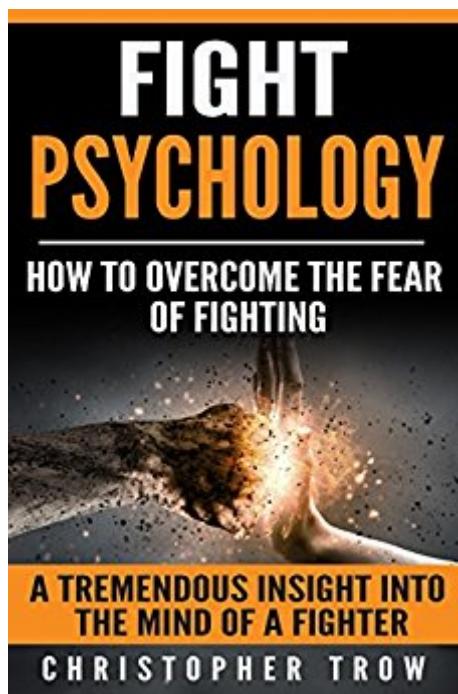


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# Fight Psychology: How To Overcome The Fear Of Fighting: A Tremendous Insight Into The Mind Of A Fighter (Self Defense, Mixed Martial Arts, Fighting Dirty, Self Esteem Book 1)



## **Synopsis**

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. Author Christopher Trow is an experienced and credited fitness trainer and practicing psychologist that has worked with many Mixed Martial Arts fighters in 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. 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 into why people are afraid of fighting, how to overcome it and a proven method of how to remain calm during a confrontation and how to handle the situation for the best outcome. Subjects that are covered include:

- The fear of fighting and how to get over it
- How to stay calm during a confrontation
- How combat sports professionals gain confidence
- Why combat sports professionals cheat to gain an edge
- Mental & physical preparation for a fight

## **Book Information**

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## **Customer Reviews**

British author Christopher Trow is a fitness trainer and a psychologist and has many books to his

credit a " self help books that include bodybuilding, weight loss, bodybuilding cookbook, dating advice for men, protein smoothies, the relationship between food and depression, clean eating, relationships, anxiety, weight loss mastery, etc. Now he brings a book about the psychology of fighting a " not meant to be the guidance of a psychologist but rather how to cope with the demands of bellicose encounters, whether those be in mixed martial arts, self defense, or building self esteem. Christopher opens his book without Introduction by getting right to the point a " in The Fear of Fighting and How to Get Over It he states a ^So you want to know how to get over the fear of fighting? Well many people aren't aware of this but a lot of combat sports professionals struggle with this also. Of all our emotions, fear has to be the darkest, it has the greatest influence on the decisions we make and it majorly affects the steps and the risks we take, but fear always serves a purpose. Fear can kill you, it can scare you and stop you from doing the things that you need to but it will always tempt you. In one circumstance or another a great scare is always around the corner. As humans in the animal world we have a unique relationship with fear as no other species will go looking for it as we do. You need to understand that fear is a choice that we make, but to say we have the option to turn it off is a lot easier said than done.

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