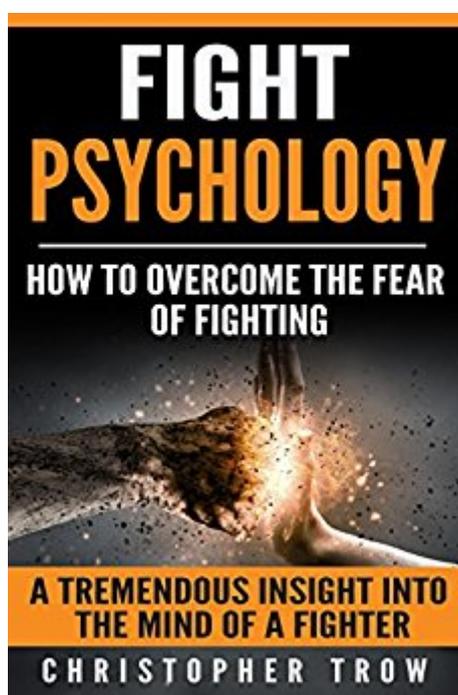


The book was found

# 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

File Size: 186 KB

Print Length: 50 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 6, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B010OG17FG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #529,884 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #138

in Books > Sports & Outdoors > Individual Sports > Mixed Martial Arts #196 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Sports Psychology #483 in Kindle Store > Kindle Short Reads > 90 minutes (44-64 pages) > Sports & Outdoors

## Customer Reviews

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

credit â “ 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 â “ 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 â “ in The Fear of Fighting and How to Get Over It he states â “So you want to know how to get over the fear of fighting? Well many people arenâ™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.

[Download to continue reading...](#)

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) Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence,doubt) Heavy Bag Training: For Boxing, Mixed Martial Arts and Self-Defense (Heavy Bag Training Series Book 1) The Ultimate Mixed Martial Arts Training Guide: Techniques for Fitness, Self Defense, and Competition Double End Bag Workout: For Boxing, Mixed Martial Arts and Self-Defense Taekwondo For Beginners: Drills. Techniques & Tactics To Defend & End A Fight (MMA, Martial Arts, Self Defense, BJJ) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Fight Like a Physicist: The Incredible Science Behind Martial Arts (Martial Science) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ...

Self-Confidence, Self-esteem, Organizing) The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field Tai Chi: The Ultimate Guide to Mastering Tai Chi for Beginners in 60 Minutes or Less! (Tai Chi - Tai Chi for Beginners - Martial Arts - Fighting Styles - How to Fight - Chakras - Reiki) The 10 Best Power Punches for Boxing, Martial Arts, MMA and Self-Defense (The 10 Best Series Book 6) Tai Chi for Beginners: The Ultimate Guide to Supercharge Your Mind, Increase Your Energy & Feel Amazing By Unlocking the Power of Tai Chi (Tai Chi - Tai ... How to Fight - Martial Arts for Beginners) How to Win A Street Fight: Stand Up Fighting Techniques to Destroy Your Enemy (Self-Defense Book 2) Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame Mixed Martial Arts: The Book of Knowledge Judo For Beginners: Your Comprehensive Guide To Judo Techniques, Takedowns & Tactics (BJJ, Judo, Mixed Martial Arts, Boxing)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)