



The SAS Mental Endurance Handbook

By Christopher McNab

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The essential guide to testing and improving mental agility and resilience from the world's most elite combat units.

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Editorial Review

From the Back Cover

perfect the skills of mental toughness and endurance used by the Special Air Service - England's equivalent of the United States Special Forces. The SAS Mental Endurance Handbook uncovers the secrets of these toughest-of-the-tough combat soldiers. It is an indispensable guide to mastering your mind whether facing the prospect of death in combat or trying to stay alive while evading pursuers. Key topics examined in the book include: the will to survive, enduring the stress of battle, recruitment and training, intelligence and concentration, building a team mind, leadership, battle tactics, detention, escape and survival, maintaining morale and effectiveness, diplomacy, and future conflicts.

The book also contains details of a number of military training programs and their means of assessing a candidate's fitness for the arduous life of a combat soldier and their strategies for overcoming factors that can wear down tolerance of stress and hardship. Illustrated throughout with more than 150 drawings that provide step-by-step guidance, The SAS Mental Endurance Handbook explains everything you need to know about just what makes a successful fighter.

Users Review

From reader reviews:

Lester Jaworski:

Book is usually written, printed, or descriptive for everything. You can learn everything you want by a publication. Book has a different type. As it is known to us that book is important factor to bring us around the world. Adjacent to that you can your reading talent was fluently. A guide The SAS Mental Endurance Handbook will make you to become smarter. You can feel far more confidence if you can know about almost everything. But some of you think which open or reading the book make you bored. It is far from make you fun. Why they can be thought like that? Have you seeking best book or suitable book with you?

Elaine Gold:

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Eula Johnson:

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aspect that maybe mysterious for but surely can be your mind friends. Imaging each and every word written in a book then become one application form conclusion and explanation in which maybe you never get previous to. The The SAS Mental Endurance Handbook giving you a different experience more than blown away your thoughts but also giving you useful data for your better life on this era. So now let us explain to you the relaxing pattern here is your body and mind will probably be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

Lynette Petree:

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