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On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace

By Loren W. Christensen

Warrior Science Publications. Paperback. Book Condition: New. Paperback. 403 pages. Dimensions: 8.3in. x 5.5in. x 1.1in. On Combat looks at what happens to the human body under the stresses of deadly battle the impact on the nervous system, heart, breathing, visual and auditory perception, memory - then discusses new research findings as to what measures warriors can take to prevent such debilitations so they can stay in the fight, survive, and win. A brief, but insightful look at history shows the evolution of combat, the development of the physical and psychological leverage that enables humans to kill other humans, followed by an objective examination of domestic violence in America. The authors reveal the nature of the warrior, brave men and women who train their minds and bodies to go to that place from which others flee. After examining the incredible impact of a few true warriors in battle, On Combat presents new and exciting research as to how to train the mind to become inoculated to stress, fear and even pain. Expanding on Lt. Col. Grossman's popular Bulletproof mind presentation, the book explores what really happens to the warrior after the battle, and shows how emotions, such as relief and...



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