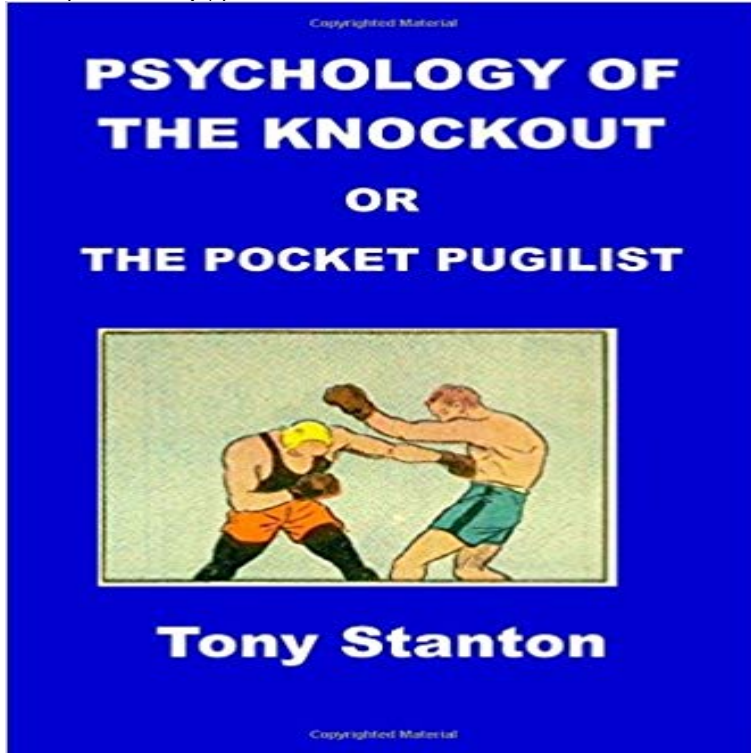


Psychology Of The Knockout: Or The Pocket Pugilist



From PSYCHOLOGY OF THE KNOCKOUT: Being in shape goes without saying. I would be telling you nothing new if I told you to train hard, though I will get into how to motivate yourself to train hard, and regularly. Knowing your skills is also obvious, though I will get into how to use your individual best skills most often, and develop the skills you are weak at. Keeping your body clean of drugs and alcohol and cigarettes should be obvious, but fighters are often the most easily tempted. Any trainer can TELL them what to avoid, but few can show them the psychology of how to resist the temptation. Knowing your opponent, in the upper ranks of the pros you can watch tapes of his old fights, but what if there are no tapes? Diet and weight control can be a problem for fighters, more so in the heavier weights. Rather than push back from the table they just figure they can compete in the next division. This is psychology, too. Chicken can taste like steak if you can control your mind. This book is in no particular order, I am a writer but I am a fighter first. I still spar with my students and I dont want to cramp my hands rearranging chapters.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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