



# Sharpening the Warriors Edge: The Psychology & Science of Training

*Bruce K Siddle*

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## **Sharpening the Warriors Edge: The Psychology & Science of Training** Bruce K Siddle

Sharpening the Warrior's Edge is the first text which examines survival and combat performance from a scientific perspective. Author Bruce K. Siddle methodically brings together one hundred years of research which identifies the relationship between survival stress, the heart rate and combat performance. Most importantly, Siddle explores the psychological and spiritual components which establish the warrior mindset. This pioneering text is a must read for present-day warriors, or anyone involved in use of force, combat or martial arts training.

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