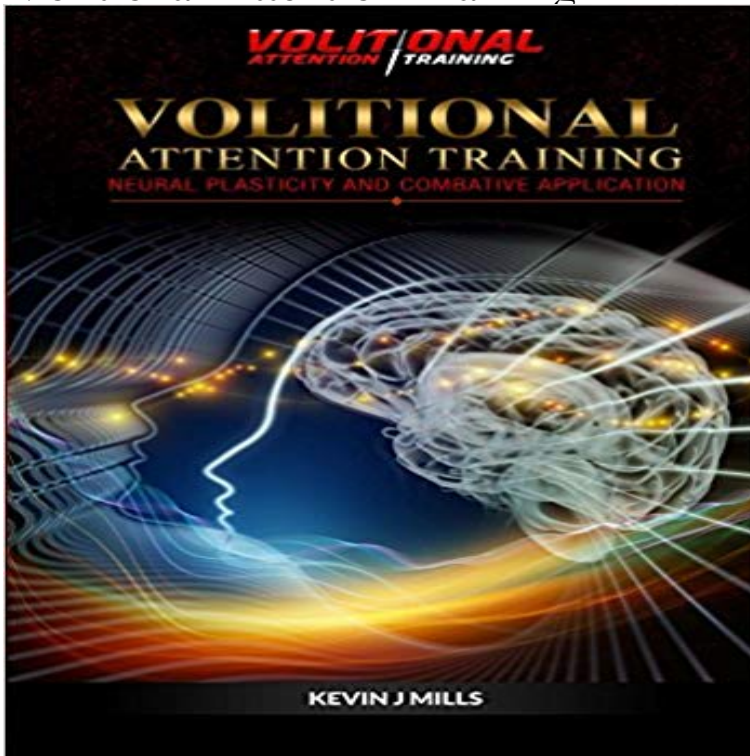


## Volitional Attention Training



In his much anticipated second book Kevin takes you on an epic journey into the world of combative psychology and the workings of the human mind with the aim of fostering an understanding of why we behave the way we do and why violence is so prevalent throughout mankind. He delves into history and evolution, drawing on prominent writers both from our ancient past and the most up to date research. You will be taken through subjects that are seldom discussed when training in a martial or combative arena, such as considering the mechanisms of the mind and learning how to harness an understanding to enhance your own movement and knowledge. From tactical breathing to training the mind in neuroplasticity techniques that will support natural bio mechanical movement, this work will not only allow you to work at your most efficient, it will help you understand subjects like the healing process of the mind, symmetrical movement, brainwave patterns and their effect on performance and how attention is key to the workings of the mind and many more. If you want to understand mentality, violence and normal natural behaviour then this book is a must. A prequel to Kevins first book, *The Secret Science of Modern Martial Arts* this material will take you further down the path of advanced Martial Arts supporting the structure of Volitional Attention Training, a method of training the mind to deal with violent life or death situations. This training and the material in this book will enable you to cope with and enhance your chances of surviving A Social violence. This is not self defence, but self preservation and will answer a lot of your questions!

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