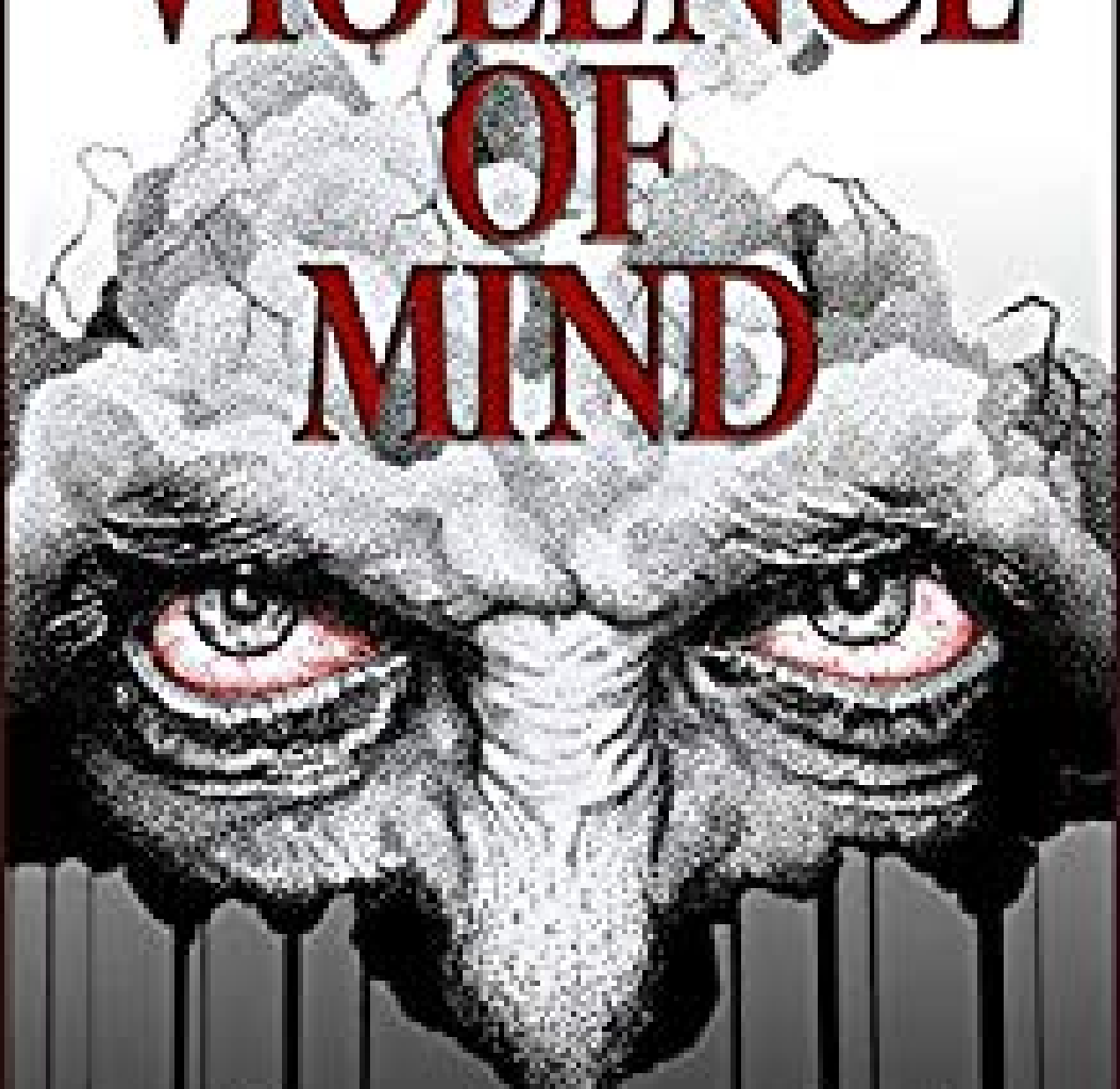


# VIOLENCE OF MIND



Training and Preparation for  
Extreme Violence

VARG FREEBORN

Varg Freeborn

## Violence of Mind: Training and Preparation for Extreme Violence



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A book covering the topic of self-protection from a shocking, first-hand perspective. The subjects of criminal violence, self-defense, lethal pressure, mindset, firearms training and concealment have never been introduced so comprehensively in one place. A powerful, gripping, and self-reflective roller-coaster that's part cautionary tale, part how-to book about building the counterpart to the high-purchase predator, Varg makes simply no apologies for it as an in-your-face appear at true violence from the perspective of that rare someone who can speak from deep personal experience, from both sides of the fence. In an industry full of those often powered by ego, fantasy, and disconnected from fact, there are always a vast number of people in this sector that NEED to read this. Having effectively sold world-wide in its individually released and distributed paperback form, it is now available on Kindle. "A book only an authentic leader in the industry could produce, fully-recommended. Go through this book if you're serious about personal safety. Friesen, CLTP, Costa Rica Varg Freeborn can be an author, fitness coach, violence educator and lethal power instructor widely known for his unique history in the violent criminal underworld. D.P." His breadth of experience is usually unmatched in criminal violence education and self-defense training.



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Will be scanning this again. This book is top shelf. This author provides solidly brought all my issue and perspectives into concentrate. I am a lately retired cop looking to get my mind around concealed carry with out a badge. This can be the best book I've read on the principles of violence. Think about Col. Grossman or de Becker 's works after that distill and filter the bs and put in a Carolina reaper for flavor. Thank you for passing on your own hard won wisdom . I would recommend this book to a person with a ccw, in fact it should be needed reading in the police academy. Everyone must read this. Strongly suggested! This book ought to be mandatory reading for anybody who carries or plans to carry any weapon or to anyone who has any skills or capability to harm other people in self defense or elsewhere. The book gives great insight into criminal violence but is normally described in a way that is easy to comprehend. We know, we're 100 pages in and you currently said that 5 times. This book enables you to realize just how much of a battle is mental and just how much is actually physical. Wolves, predators, sheep, and sheepdogs. But this publication was a lot more. The real deal. This is not an average "self-defense" or "fighting techinques book!.. There are thousands on the street. If you read just one self defence reserve.. Through self-reflection and research, to add this book, among many others, I have discovered peace of mind. this is it! This book is wisdom. Every paragraph is full of useful and practical understanding that you can put to use at this time in the real world. I have examine many books in this category and nothing at all comes close to even a quarter of the data within this book. This publication really opens your eye to what violence really is usually and what you would end up being facing if that day time ever comes (which ideally you will not need to face that). You might not want to read this with out a "result in caution" or whatever you call it. The author clearly understands the violent criminal mindset so well and he writes in a manner that anyone reading the publication will have a very up to date understanding into that mindset. The book may be the most well written book I've read and obviously demonstrates that the author KNOWS what he is talking about. I cannot recommend the book enough. You wont regret reading it. This book is not very what I expected. I figured this publication was another like many before it that preached self-protection, applications of and how to plan those ugly situations. Great book!! Not really a predator but a hunter. Must Read For Self-Defender Existence is a funny but blessed possibility to find out what and defend everything you care about. I've a fresh outlook on training, a good instructor, and how to proceed about my lifestyle. Every responsible self-defender should read this book, amongst others. Studying for your daily life is not a bad choice, combined with practice. Raised by dogs, I mean this in the most loving way, I grew up into a wolf. I should have bought the hard copy initially, now I must buy it to own it to read once again in the future.. I strongly recommend that you examine this work. I agreed with 99% of what the writer says. The last chapters were like he was writing about my personal experiences, philosophies, and really wants to think, teach, and live. If You Thought You Knew SOMETHING About Self Defense - Read This Book While I feel confident with and perhaps using legally concealed weapons, I felt deficient in how exactly to best come to terms with a serious real life confrontation if it had been to arise! I am relatively new to self defense schooling and from my perspective was a little bit overwhelmed by the apparently limitless concepts. I was very amazed how much I like what this man has to say. Varg cuts through the bs most fighting techinques and firearm instructor schooling instructors instruct. I cannot easily put into words how much of an influence the data and perspectives in this reserve can likely help define yours. If you conceal carry to guard the life span of yourself and family members this is a must read. Essential read book This book is, by far, one of the biggest books on this issue of self defense. This is not an average book that one might find out about on the subject of firearms or dealing with hardcore criminals! In the event that you carry a gun to protect your family or in case you are a police officer you NEED to learn this book! Think about the person who just wish to eliminate you for the fun of it? In case you are a trainer in defensive capturing classes or a martial arts instructor, this reserve is crucial read PERIOD!! That is the notion that if I simply have my gun "I'll be Fine. Freeborn for composing such a great publication and please

write another one. Finally a book that cuts through the BS. He was a little repetitive with the, I understand violence due to. Not thousands, millions. No amount of function in the dojo or gym can develop the mental attitude necessary to prevail in real world violent confrontations. aka: You can't handle the reality For all of you snowflakes, wuzzies, pc cowards, crybabies, justice warrior idiots and every one of the rest. That is inside knowledge about violence. This book would never become allowed on any university campus because it's not pc and doesn't coincide with the profs opinions. No profs, all people aren't exactly the same. Not everybody has the exact same mindset! I found this book to possess great insights that are hardly ever if ever resolved in the firearms training community. Ever considered that? Read this reserve, practice to develop the abilities, and you will see what you must do. That's right..My long term training will have a deeper meaning & most certainly different goals! Many thanks Mr." Or, if I understand this black belt, I could take on any of these thugs on the street and make quick work of these. Ha. You'd better rethink. If not, you weren't paying attention. I relate to the crappy neighborhood he grew up in! A different perspective about a complex subject. Thanks a lot Varg. Very Enlightening Answers those questions you may have about experiences you don't have but train for. Great if your concentrate is protection of self, family and family members. A real notion of what you would be dealing with, mentally and physically. Great book This book will not pull any punches, it just lays out the info that you should know about violent confrontations and the preparation for them Whoa I got this reserve after it had been recommended by an officer who came during late evenings at the store I just work at when we talked about the topic of self-defense. THIS BOOK HAS IMPRESSED ALL FALSE PERCEPTIONS OF SELF-PROTECTION I HAD!! I could definitely relate to a few of the contents, the rest of it was a genuine eye opener in to the brain of a wolf. Violence of Mind Enjoyed every bit of it and discovered something or two about mindset!!!! In the event that you truly wish to take defense significantly, Varg Freeborn knows what it takes to get a true defensive mindset. I admit my satisfaction was hurt at times, so you'll need humility to accept what he says, for HE KNOWS WHAT HE'S DISCUSSING! It is a lot more, since it teaches the mental facet of real fighting! Not everybody is a wonderful, lovely, harmless person who can't dare to listen to a phrase that they don't really agree with. Actually, every human being who cares about safeguarding themselves and their loved ones MUST read this reserve. It does have language, but it has a purpose of getting his stage across on a no-nonsense manner. Good personal story Initial 1/3 and last 10 pages were great and the very best part of the book.... VOM covers items that most people or instructors don't tell you such as coping with the judicial system and the aftermath you face from an severe violence encounter . Great personal tale that will give you a lot to take into account. They'll hands you something and it will not be your elbow.



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