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## Emotions: Use the Way of the Samurai to Control Your Emotions: Learn to Control Your Emotions and Feelings in 10 Seconds with a Mixture of Samurai Techniques and Science Research. (Paperback)

By Nicholas Black

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm.

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The idea behind 10-Second Feelings was to mimic a philosophy that has resonated through Samurai warriors, philosophers, deep thinkers and athletes for literally thousands of years. The basic concept is to be able to control your emotions - whether they are good or bad - in the space of 10 seconds. I prepared some very interesting research that helps to support this concept. I have provided a variety of breathing techniques that will help you gain your mental focus in a very short period of time. I want you to imagine yourself standing at the side of a river. To your left the river disappears into a forest. The river stretches across the horizon in front of you, continuing to your right, off into the forest. It s a calm and serene day. The water is flowing peacefully by from your left side to your right. In the water you notice pieces of floating wood of various sizes. There are little...



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