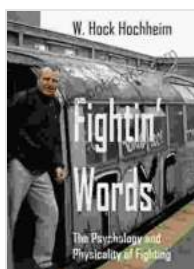


Fightin' Words: The Psychology and Physicality of Fighting

By [Author's Name]

Fightin' Words is a book that explores the psychology and physicality of fighting. It is written by a former professional fighter and coach, and it offers a unique perspective on the art and science of combat.



Fightin' Words: The Psychology and Physicality of

Fighting by Barry B. Powell

★★★★★ 5 out of 5

Language	: English
File size	: 10874 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 351 pages
Hardcover	: 88 pages
Item Weight	: 6.6 ounces
Dimensions	: 6 x 0.41 x 9 inches



The book is divided into two parts. The first part, "The Psychology of Fighting," examines the mental and emotional aspects of fighting. It discusses topics such as fear, aggression, and motivation. The second part, "The Physicality of Fighting," covers the physical techniques and strategies involved in fighting. It discusses topics such as striking, grappling, and defending against attacks.

Fightin' Words is a valuable resource for anyone who is interested in learning more about the psychology and physicality of fighting. It is a well-written and informative book that is sure to appeal to a wide range of readers.

What You'll Learn from Fightin' Words

Fightin' Words will teach you:

- The mental and emotional aspects of fighting
- The physical techniques and strategies involved in fighting
- How to overcome fear and aggression
- How to stay motivated in the face of adversity
- How to defend yourself against attacks

Who Should Read Fightin' Words?

Fightin' Words is a valuable resource for anyone who is interested in learning more about the psychology and physicality of fighting. It is a well-written and informative book that is sure to appeal to a wide range of readers, including:

- Martial artists
- Self-defense practitioners
- Law enforcement officers
- Military personnel
- Psychologists and counselors

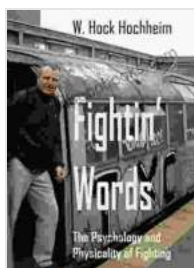
- Anyone who is interested in learning more about the art and science of combat

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