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# On Combat: The Psychology And Physiology Of Deadly Conflict In War And In Peace



## Synopsis

ON COMBAT looks at what happens to the human body under the stresses of deadly battle and the impact on the nervous system, heart, breathing, visual and auditory perception, memory - then discusses new research findings as to what measure warriors can take to prevent such debilitations so they can stay in the fight, survive, and win. A brief, but insightful look at history shows the evolution of combat, the development of the physical and psychological leverage that enables humans to kill other humans, followed by an objective examination of domestic violence in America. The authors reveal the nature of the warrior, brave men and women who train their minds and bodies to go to that place from which others flee. After examining the incredible impact of a few true warriors in battle, ON COMBAT presents new and exciting research as to how to train the mind to become inoculated to stress, fear and even pain. Expanding on Lt. Col. Grossman's popular "bulletproof mind" presentation, the audiobook explores what really happens to the warrior after the battle, and shows how emotions, such as relief and self-bame, are natural and healthy ways to feel about having survived combat. A fresh and highly informative look at post traumatic stress syndrome (PTSD) details how to prevent it, how to survive it should it happen, how to come out of it stronger, and how to help others who are experiencing it. ON COMBAT looks at the critical importance of the debriefing, when warriors gather after the battle to share what happened, critique, learn from each other and, for some, begin to heal from the horror. The listener will learn a highly effective breathing technique that not only steadies the warrior's minds and body before and during the battle, but can also be used afterwards as a powerful healing device to help separate the emotion from the memory. Concluding chapters discuss the Christian/Judeo view of killing in combat and offers powerful insight that Lt. Col. Grossman has imparted over the years to help thousands of warriors understand and come to terms with their actions in battle. A final chapter encourages warriors to always fight for justice, not vengeance, so that their remaining days will be healthy ones filled with pride for having performed their duty morally and ethically. This information-packed audiobook ploughs new ground in its vision, in its extensive new research and startling findings, and in its powerful, revealing quotes and anecdotes from top people in the warrior community, people who have faced the toxic environment of deadly combat and now share their wisdom to help others. ON COMBAT is easy to understand and powerful in scope. It is a true classic that will be listened to by new and veteran warriors for years to come.

## Book Information

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## Customer Reviews

A former army Ranger and paratrooper, Lt. Col. Dave Grossman taught psychology at West Point and is currently the professor of Military Science at Arkansas State University.

So why did I group these two separate books into the same report? Well two reasons actually. First: They both have the same author. Second: These two books should really be one massive 700pg book in my opinion. OK so about the books: On Killing: 416 pages of pure enjoyment that takes you from the civil war to current, and how we have overcome our willingness not to kill. On Combat: 403 pages of intriguing reality of what happens to us in combat and how to overcome it. How do you explain these books though. They take and condense so many aspects of what goes into both killing and combat and roll them into a book that helps you understand what happens to you in combat and why. But not only do these books outline these facts, they cite studies that validate the information. They also spell out methods that can help you overcome the result, whether it be a man that is unable to pull the trigger in defense of his family, or a female veteran returning from theater with PTSD. What most people will really get a kick out of is the training methods that the Col. talks about and how it can make you a more proficient warrior. Both are geared toward the police officer and or individual warrior fighting for his country. Being a retired Marine I have even found some truths in these books that have in a way opened my eyes. They are long books but every sentence, quote, story, letter to the author and even poem hold content that I feel is very (for lack of a better term) strong. Most books have a climatic point after which the books trail off a little bit and loses the reader. I will say up front these will keep your interest. In this day in age the most interesting parts I found in both books is how media and Hollywood are affecting our children and molding them

into the aggressive culture we see today. (I think the president would do well to see some of the research that Col. Grossman has compiled, and be using that to protect our children, rather than the unconstitutional attack on Americas second amendment that he is launching; if he truly believes in protecting our youth) Sorry for the rant.If you get these books just for the training ideas and tips that he gives you than you have already made a great investment, and the rest will just be a huge added bonus. I highly suggest both books for anyone that believes in protecting their family, carries a sidearm with them, is either active duty military or police (LE) or just wants to learn about what makes the service member and or police officer "run toward the guns, when everyone else is running from them".Both books highly recommended and well worth the \$15.00 you might spend on the paperback versions on .

This book was referred to many times during a training I attended. I purchased the book right away. I am correctional staff in a medium/close security prison and this book gives reminders and information that will keep anyone safe whether walking the streets or even in an office building. Our society has acts of terrorism, shooters in restaurants, office buildings, campus', and other places. This book will hopefully help you to recognize danger and teach you how to respond if it happens. Great book for any adult.

Professor Grossman has written an absolutely wonderful book on the effects of combat on the combatants. He has also addressed the current worldwide surgeance of violence, especially in young people. Prof Grossman sites MANY studies conducted by trained medical people which demonstrate clearly that the current TV, Movie and Game Industry focus on violence and sex is THE cause of the new violence. This should be mandatory reading for educators and especially politicians who are sending us into combat and supporting those industries which promote violence in the name of profit. Well done!!

Great info for anyone in the protection industry, be that Law enforcement, military or professional security services. This should be a must read for firearm instructors as well as martial artist who are teaching martial arts to warriors not just recreational types.

People think they understand violence in the human animal. People are ignorant. Violence doesn't work the way most people think. Read this book to learn some truth and get some reality on board.I disagree with the very last part of the book. This book was written at a time when all experts agreed

that the coming inevitable youth violence epidemic was going to be unprecedented, and these authors believed it too. Then... well, it just didn't happen. Despite hyperbole and professional handwringing, random street violence is at a half-century low. So, yeah, one failed prediction at the end of the book because the authors just don't really understand video games. Whatver. The rest of the book was masterful and fantastic. This is, essentially the exact same review I have to give for "On Killing," and for the same reasons.

While I have really enjoyed this book so far, I do have one correction to make...the author states on page xx that "the slaughter at Columbine High School [is] the all-time record juvenile mass murder in human history." However, while this statement is repeated frequently in the media, it simply is not the case. The Bath School disaster on May 18, 1927, in Bath Township, Michigan, was the deadliest mass murder to take place at a school in United States history to date. Andrew Kehoe killed his wife, burned down his farm, and then set off a series of pre-planted explosives in the school and his truck that killed 38 elementary school children (ages 8-14) and six adults, while injuring another 58 other people. Interestingly enough, the only firearm that was used in the entire attack was the shotgun he used to kill his wife and to later set off the dynamite in his truck. Unfortunately, this tragedy is often overlooked when reporting mass murders committed against children on school grounds...which is probably why it was omitted from this book. Still, this minor error does not detract from the book's content in any way!

This was without a doubt the best book I've read on what happens to the mind and body in combat. There is not a dry moment in this read. Every page is filled with solid information that will help cops, soldiers, and loved ones of those serving. These authors know their stuff. I bought two other copies as gifts. Thanks to Grossman and Christensen. I've read their other books and this one is at the top of the pile. Sergerant C. Stone

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