



Meditation for Warriors: Practical Meditation for Cops, Soldiers and Martial Artists

Loren W. Christensen

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To meditate, you don't need to follow a particular religion, espouse New Age theories and beliefs, bow to a guru, sensei, sifu, or a robed and bearded guide. Nor do you need to burn incense or rub crystals. This book shows you easy ways to meditate whenever and wherever you want—you'll learn how to do it without anyone knowing—and still hang out with your military pals, cop buddies, and fellow martial arts students. You can still own a pit bull, drive a Harley, and share lies with your drinking buddies. The same is true whether you're a firefighter, doorman, bodyguard, medic, or security officer. The simple fact is, meditation as taught within these pages, will make you a better warrior. "I wish I would have had this book before I deployed to Afghanistan. It's exactly what I was looking for." - Army veteran "No matter who you are, Loren has things to teach you and if a veteran this grizzled presents a book of the precious mental tricks that have helped to keep him alive, well, I don't want to be unkind, but it would be kind of stupid not to read it." Rory Miller, author of "Facing Violence"

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