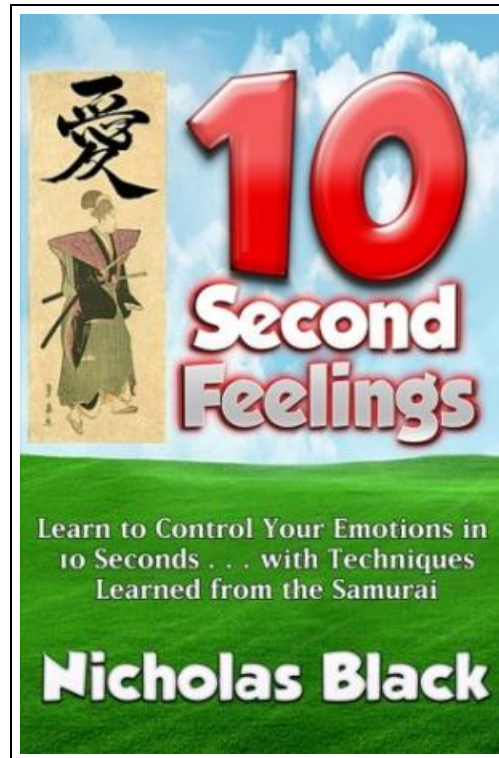


## 10-Second Feelings: New Mental Training Techniques for Controlling Your Emotions and Feelings in 10 Seconds Using Science Samurai Teachings!



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### **Reviews**

*It is in a single of my personal favorite publication. It usually fails to charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.10-Second Feelings - See it - Feel it - Breathe it - Write it 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 pieces, and large pieces. Some of them are bright, while others are dark and stained. No matter which color they are, though, they continue to float on by. If you close your eyes for just 10 seconds and open them, the river will not look the same. Every few seconds you can look up and see a completely different river in front of you with a different collection of wood bits just floating on by. The wood that was floating in front of you a few seconds ago is gone, no longer a part of your reality. In a few...



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