



WARRIOR MIND TRAINING

Mental Focus and Mind Training
for US Armed Forces and Veterans

January 2009

Warrior Mind Training Newsletter, Volume 4

In This Issue

- Freedom!

“CHANGE DOES NOT ROLL IN ON THE WHEELS OF INEVITABILITY, BUT COMES THROUGH CONTINUOUS STRUGGLE. AND SO WE MUST STRAIGHTEN OUR BACKS AND WORK FOR OUR FREEDOM. A MAN CAN'T RIDE YOU UNLESS YOUR BACK IS BENT.”

- MARTIN LUTHER KING, JR.

Recommended Movie

Braveheart

Recommended Book

“The Unfettered Mind”
By Takuan Soho,
Translated by William
Scott Wilson



FREEDOM!

This month, as we celebrate the life, work and mission of Dr. Martin Luther King, Jr. we can all reflect upon the driving force that propelled his life - FREEDOM.

Take a moment to consider this:

WHAT DOES FREEDOM MEAN TO YOU?

America was built on the premise of freedom, as is sung proudly in our Anthem, "O'ER THE LAND OF THE FREE AND THE HOME OF THE BRAVE." Many noble souls have sacrificed endless hours of hard work and sweat, time away from loved ones, their personal comfort and safety, and have even made the ultimate sacrifice of giving their lives to protect that which matters most - our freedom.

January is a start to the new year and is a great time to reflect upon the freedom which we all enjoy in this great country. Freedom is a basic premise of our day-to-day existence; and yet, it is something that should never be taken for granted. We each have the freedom to strive to become better at whatever we do; to let our spirit shine through brightly; and to develop the courage and perseverance to make a difference in our lives and in the lives of those around us.

TO QUOTE DR. KING JR.,
"LET FREEDOM RING!"

In the News

December:

"The 'Warrior Mind' of Mental Health"

November:

"In Treating Trauma, Military Branches Out"

"Learning to Calm the Inner Turmoil"

October:

"Mind Training Helps Troops with Combat, then PTSD"

September:

"Mind-Body Training for U.S. Combat Soldiers"

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Contact Us

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Press:

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WARRIOR MIND TRAINING CLASSES ARE OFFERED AT THE FOLLOWING LOCATIONS

We look forward to increasing class availability as we continue to expand our training programs to more and more military installations across the country.

All introductory classes are available to military personnel: Active Duty, Reserve or Retired. Although the program is uniquely designed for Service Members and Veterans, adult-aged military family and friends are also welcome.

We are currently providing training at ten military installations and Veterans centers. For class times and location details, visit our website at <http://www.warriortraining.us>.

US Army

Fort Bragg, NC

Warrior Transition Unit, NMC - San Diego, CA

US Marine Corps

MCB Camp Lejeune - Jacksonville, NC

MCB Camp Pendleton - San Diego, CA

MCAS Miramar - San Diego, CA

US Navy

New! Naval Station San Diego - San Diego, CA

NSB New London / Groton - Groton, CT

NAB Coronado / North Island - San Diego, CA

US Air Force

To be announced

Veterans

New! San Diego Veterans Center - San Diego, CA

Veterans Village of San Diego - San Diego, CA