



WARRIOR MIND TRAINING
Mental Focus and Mind Training
for the US Armed Forces & Veterans

November 2008

Warrior Mind Training Newsletter, Volume 1

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VETERANS OF EARLY
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AND APPRECIATED BY
OUR NATION. ”**

- GEORGE WASHINGTON

THE SACREDNESS OF SOLDIERS — VETERANS DAY RECOGNITION

November 11th is a special day in our great nation. It is a day for us to take the time to commemorate and pay respect to all the men and women who serve our country — past, present, and future. Doing so, is our great honor.

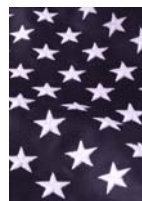
A great teacher once said,

"There is something sacred about a soldier."

As service members, you run into harms way to help those you are sworn to protect. Most people's instincts would be to run away from gunfire and war, and yet, there are some very valiant men and women who run into gunfire and battle to protect that which matters most — Freedom and a Way of Life — our own.

On this very special day, those of us in the Warrior Mind Training Program would like to take a moment to pay our respects and gratitude to you.

**THANK YOU FOR
YOUR SERVICE,
YOUR SACRIFICE,
AND YOUR DEDICATION!**



LET FREEDOM RING!

Recommended Movie

Space Cowboys

Recommended Book

"The Art of War"
by James Clavell

In the News

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

"Mind Training Helps Troops With Combat, Then PTSD"

View articles at:
www.warriortraining.us/press.html/

Contact Us

<http://www.warriortraining.us>

Questions:
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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 warriors, adult-aged military family and friends are also welcome. The course is restricted to adults aged 18 years or older.

We are currently training service members at six US military installations across the country. For class times and specifics, visit our website <http://www.warriortraining.us>.

US Army

Fort Bragg, NC
Warrior Transition Unit, NMCS D - San Diego, CA

US Marine Corps

MCB Camp Lejeune - Jacksonville, NC
MCB Camp Pendleton - San Diego, CA
MCAS Miramar - San Diego, CA

US Navy

NSB New London / Groton - Groton, CT
NAB Coronado / North Island - San Diego, CA

US Air Force

To be announced

Veterans

Veterans Village of San Diego - San Diego, CA