



## WARRIOR MIND TRAINING

Mental Focus and Mind Training  
for US Armed Forces and Veterans

November 2008

Warrior Mind Training Newsletter, Volume 2

### In This Issue

- Thanksgiving & The Power of Gratitude

“NO ONE IS AS CAPABLE OF GRATITUDE AS ONE WHO HAS EMERGED FROM THE KINGDOM OF NIGHT.”

-ELIE WIESEL

## THANKSGIVING & THE POWER OF GRATITUDE



Thanksgiving, which is just a few days away, offers us another opportunity to practice one of the noblest of all sentiments — *Gratitude.*

The mind is amazingly powerful. In fact, our lives will reflect whatever we focus on. Understanding this mental law of cause and effect, Thanksgiving provides us the perfect opportunity to practice focusing on gratitude, one of the most honorable of all sentiments.

Gratitude opens us to be able to give, receive and experience life more fully. It prevents us from taking life for granted and merely letting it pass us by. Everyone has something to be grateful for.

On Thanksgiving, we recommend taking a moment to reflect on all that you have in your life to be grateful for, however big or small. Your list might include things like your family, your friends, those you serve with, your country, opportunities you have, and moments of happiness you have experienced. It can also include being grateful for simply being alive, for being able to serve, for a beautiful sunset, or for your next meal. Simply appreciating the sun shining in the sky will change your state of mind. Although the holidays can be commercialized and stressful, try to take a moment to appreciate the true essence of Thanksgiving. It is simply a day in honor of gratitude.



**Recommended Movie**

"Way of the Peaceful  
Warrior"  
Starring Nick Nolte

**Recommended Book**

"Deep Survival"  
by Laurence Gonzales

**In the News****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"

**Click to View Articles:**  
[www.warriortraining.us/press.html](http://www.warriortraining.us/press.html)

**Contact Us**

[www.warriortraining.us](http://www.warriortraining.us)

**Questions:**  
info@warriortraining.us

**Press:**  
press@warriortraining.us



## 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. The course is restricted to adults aged 18 years or older.

We are currently providing training at eight military installations and Veterans centers. For class times and specifics, 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**

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