

# WARRIOR BRAIN



How To Get The Bulletproof Mindset  
Of A Fearless Warrior

# Warrior Brain – How to Get the Bulletproof Mindset of a Fearless Warrior

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What I'm getting at, is that your life isn't really hard. You might think it's hard and sometimes it might feel hard.

But there are people out there with *much worse* lives than you. There are people out there who live with crippling illness and not two cents to rub together. And many of them do this with a dignity, a grace and a bravery that puts the rest of us to shame.

You see, the Warrior Brain actually has nothing to do with combat. In fact, the hooligans that start bar fights and that think they're 'hard' for starting fights are about as far from true warriors as it gets. Ask anyone who has seen real combat if they would want to risk their health and waste their energy on *looking* for trouble.

The Warrior Brain is different. This is about knowing what you want and going for it. It's about being *hard* and it's about not letting little things get you down. It's about pushing ahead with what you know is right and it's about carrying responsibility and hardship on your shoulders with dignity and pride. It's about not letting your emotions get the better of you and it's about not taking the *easy answer* or the easy route to solve your problems.

### What is the Warrior Brain?



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hardship on your shoulders with dignity and pride. It's about not letting your emotions get the better of you and it's about not taking the *easy answer* or the easy route to solve your problems.

So where does this title and this approach come from? What is the theory behind the warrior's mindset?

Of course, it comes from our romantic image of the warrior and from stories of warriors from history. It comes from tales of our bravest men and women who fought actual battles while remaining cool headed, sacrificing themselves for others and doing incredible things.

Now, we all know that in reality, not every warrior fits this mould. For every heroic individual who put themselves in the line of fire, there would have been hundreds more soldiers that complained, that were in it for the wrong reasons, or that wouldn't put themselves out for others. Romanticizing warfare is in fact a terrible idea – it is a truly horrific state of affairs and very few people feel like 'warriors' when they are faced with enemy fire.

But it's that image of the ideal 'warrior' that we're looking at here. And at our notions of history's greatest warriors like the samurai or the Spartans.

The point is that some people manage to stay cool and calm in even the worst situations. Some people constantly forge ahead and *do not* allow small inconveniences or a lack of creature comforts stand in their way.

And those people put *us* to shame. Those people make our complaints seem very minor indeed.

Now imagine if you could take that same mindset and apply it to modern life. Instead of getting tired or bogged down, instead of being distracted and tempted, you would instead drive forward with an unstoppable, bulletproof mentality. Your enemies would quake knowing that there was nothing they could do to stop you and your career obstacles, relationship goals and financial plans would all crumble beneath your will.

If you apply an iron will and warrior mentality to a modern lifestyle, you get extreme efficiency, determination and pride. Self-discipline, determination and self-sufficiency are traits that make us strong and that help us get what we want. They