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Many concepts have to do with mindfulness and the Rock Warrior's Way can be applied to any situation in life involving risk and decisions. Author approaches concepts in relatable and easy to understand ways and provides practical yet effective exercises. Got a little too spiritual for me sometimes. I look forward to rereading it!

The Rock Warrior's Way is an excellent treatise on recognizing and overcoming psychological barriers to reaching one's full

climbing potential. Borrowing from a variety of sources, the author has designed a program he calls "the Seven Processes", having as its underlying premise the impeccable use of attention.

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