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# On Combat: The Psychology And Physiology Of Deadly Conflict In War And In Peace



## Synopsis

ON COMBAT looks at what happens to the human body under the stresses of deadly battle and the impact on the nervous system, heart, breathing, visual and auditory perception, memory - then discusses new research findings as to what measure warriors can take to prevent such debilitations so they can stay in the fight, survive, and win. A brief, but insightful look at history shows the evolution of combat, the development of the physical and psychological leverage that enables humans to kill other humans, followed by an objective examination of domestic violence in America. The authors reveal the nature of the warrior, brave men and women who train their minds and bodies to go to that place from which others flee. After examining the incredible impact of a few true warriors in battle, ON COMBAT presents new and exciting research as to how to train the mind to become inoculated to stress, fear and even pain. Expanding on Lt. Col. Grossman's popular "bulletproof mind" presentation, the audiobook explores what really happens to the warrior after the battle, and shows how emotions, such as relief and self-bame, are natural and healthy ways to feel about having survived combat. A fresh and highly informative look at post traumatic stress syndrome (PTSD) details how to prevent it, how to survive it should it happen, how to come out of it stronger, and how to help others who are experiencing it. ON COMBAT looks at the critical importance of the debriefing, when warriors gather after the battle to share what happened, critique, learn from each other and, for some, begin to heal from the horror. The listener will learn a highly effective breathing technique that not only steadies the warrior's minds and body before and during the battle, but can also be used afterwards as a powerful healing device to help separate the emotion from the memory. Concluding chapters discuss the Christian/Judeo view of killing in combat and offers powerful insight that Lt. Col. Grossman has imparted over the years to help thousands of warriors understand and come to terms with their actions in battle. A final chapter encourages warriors to always fight for justice, not vengeance, so that their remaining days will be healthy ones filled with pride for having performed their duty morally and ethically. This information-packed audiobook ploughs new ground in its vision, in its extensive new research and startling findings, and in its powerful, revealing quotes and anecdotes from top people in the warrior community, people who have faced the toxic environment of deadly combat and now share their wisdom to help others. ON COMBAT is easy to understand and powerful in scope. It is a true classic that will be listened to by new and veteran warriors for years to come.

## Book Information

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## Customer Reviews

Advertising for this marvelous work states, "a ground-breaking examination of what it takes to perform, cope and survive in the toxicity of deadly combat as a soldier in a foreign land and a police officer in the mean streets of urban America." It really is all that, and more... Outstanding isn't a strong enough word to describe it. If you are a soldier, a police officer, a martial artist, the holder of a concealed weapons permit, or just live in a bad neighborhood you really ought to read this book. Both authors really know what they're talking about, clearly able to articulate hard won wisdom in this well-written and comprehensive tome. Their thought-provoking, insightful work definitively examines every aspect of the psychology and physiology of deadly conflict. The book begins by describing what happens to a person anatomically during a battle then covers the perceptual distortions that take place in combat. Having done college studies on eyewitness testimony and psychology and the law I recognize and agree with many of their points. The second half of the book covers why people put themselves in harms way and what happens to them after the smoke clears. It talks about post traumatic stress disorder, survivor's guilt, and a host of related subjects. I particularly liked the section on the Judeo/Christian views of killing which really help warriors understand and come to grips with their actions in battle - be it on the field of war, a city street, or even in their own back yard. The research is great. The various vignettes and quotes are quite interesting. Even if you are never involved in a deadly encounter it really helps you understand and have a new appreciation for those who are.

This book explores in detail what physically and mentally happens to most people when confronted with a deadly threat. Both authors have written previous books dealing with this subject. This

collaboration brings together the best both have to offer. Col. Grossman has an extensive military background as a member of the Army Rangers. His book, *On Killing*, was written over a decade ago and is still one of the definitive words on the subject. Through research and interviews, Col. Grossman was able to open a window into the soul of a "warrior" and explain why even when directly threatened, it is not a simple thing to take another human beings life. Loren Christensen is a former police officer and co-author of another excellent use of force book, *Deadly Force Encounters*. That book focused on law enforcement experiences with lethal force. Again through interviews and research, Christensen, and his co-author Dr. Alexis Artwohl, gave a human face to the peace officer forced to kill. *On Combat* combines the world of the military combat veteran with that of the police officer. The authors contention is that both are worthy of the term "warrior". The "warrior" is the 1% who protects the 98% from the remaining 1% who would do them harm. The book is divided into four sections. Each section deals with a different aspect of combat but always from the perspective of how a human deals with combat. The first section is titled, "The Physiology of Combat: The Anatomy of the Human Body in Battle". The authors describe a basic element of combat as the "Universal Human Phobia". That phobia is the innate human aversion to killing one of their own.

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