



The Ninja Mind: Harnessing the Mental Strength and Physical Abilities of the Ninjutsu Masters

Kevin Keitoshi Casey

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Enter the mind of one of ninjutsu's greatest teachers and start your journey towards martial arts mastery!

Masters in the Japanese martial art of Ninjutsu are legendary for their ability to access seemingly endless amounts of pure strength and mental endurance to achieve their goals. *The Ninja Mind* documents Ninjutsu black belt Kevin Casey's journey toward mastery under the tutelage of Stephen K. Hayes, Black Belt Hall of Fame member and the "Father of American Ninjutsu." Casey vividly describes his successes and setbacks studying with his famous teacher—as well as his growing interest in the Ninja art of *kuji-no-ho*, the most esoteric of traditional Ninja practices.

Combined with determination and discipline, Casey's techniques and exercises will guide you to acquire and cultivate a true ninja's power. Exercises such as 'The Unbendable Arm' and 'Manifesting Power' will develop your physical strength, while 'Walking as the Hero' will hone the mindset necessary to overcome any challenge, no matter how suddenly it arises.

Chapters in this ninjutsu guide include:

- The Nine Powers
- The Secrets Told
- Physical Strength
- Mental Strength
- Spirit Strength
- Negative Emotions

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Why? Because this *The Ninja Mind: Harnessing the Mental Strength and Physical Abilities of the Ninjutsu Masters* is an unordinary book that the inside of the guide waiting for you to snap that but latter it will distress you with the secret that inside. Reading this book next to it was fantastic author who have write the book in such incredible way makes the content inside easier to understand, entertaining way but still convey the meaning entirely. So , it is good for you for not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of gains than the other book include such as help improving your talent and your critical thinking way. So , still want to hold off having that book? If I had been you I will go to the book store hurriedly.

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