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The front book cover of Espresso
Lessons from the Rock Warrior's
Way, by Arno Ilgner, a follow-up
book to The Rock Warrior's Way:
Mental Training for Climbers. In
these books, Ilgner discusses how
rock climbers can learn to
manage their fears by
appropriately directing their
attention, recognizing when to
use analytical and intuitive
intelligence, being present to the

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Warrior's Way process of climbing, and utilizing Ilgner's suggested steps and processes to do so.

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