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Whenever I hear about the power of positive thinking, I fight the urge to roll my eyes. It reminds me of the character Stuart Smalley, from the SNL skit Daily

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Affirmation sitting in front of his mirror, saying to himself, "I am good enough, I smart enough, and, doggone it, people like me." And I just want to laugh at its ridiculousness.

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Masters eBook: Casey, Kevin Keitoshi, Hayes, Stephen K.: Amazon.com.au: Kindle Store

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The Ninja Mind : Harnessing the Mental Strength and Physical Abilities of the Ninjutsu Masters by Kevin Keitoshi Casey (2013, Trade Paperback)

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Ninjutsu Masters, 2013, 160 pages, Kevin Keitoshi Casey, 4805312734, 9784805312735, Tuttle Publishing, 2013.

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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.

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The Ninja Mind: Harnessing the Mental Strength and Physical Abilities of the Ninjutsu Masters. Tuttle Publishing. 2013. ISBN 978-4805312735.

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### **The Ninja Mind : Harnessing the Mental Strength and ...**

“The mind is very responsive to what it perceives,” An-Shu told us. “In fact, that’s its job, to respond to and make sense of your perceptions.” — Kevin Casey, *The Ninja Mind: Harnessing the Mental Strength and Physical Abilities of the Ninjutsu Masters: Harnessing the Mental Strength and Physical Abilities of the Ninjutsu Masters*

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