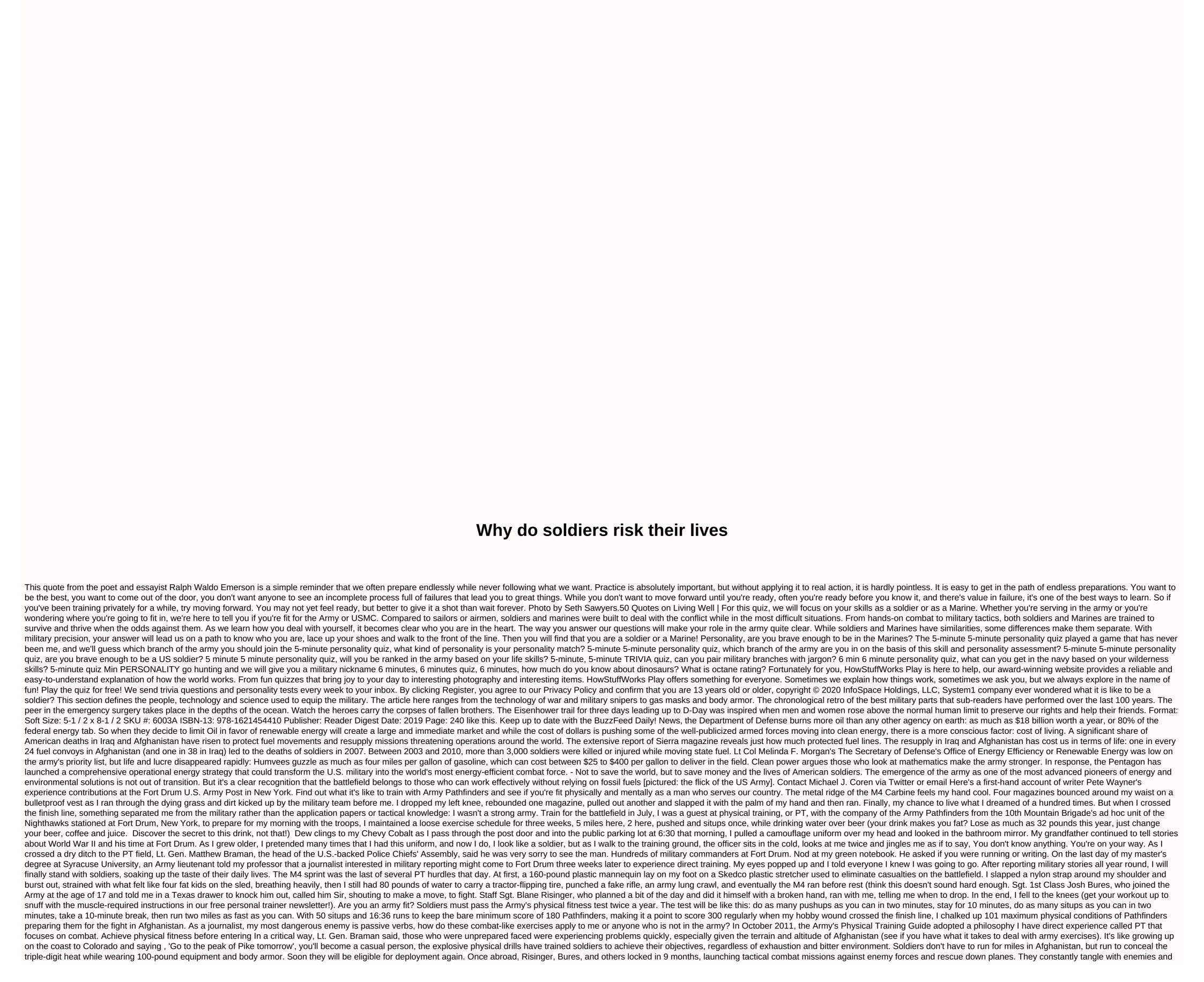
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rely on strong minds and bodies to get back into the wire. The enemy had a vote, Braman said. He has fired his weapon and if he aims right, he can hit you. The enemy doesn't care if you're in the twelfth hour of [missions] and you're scheduled to go home and rest. What Pathfinders can teach you, most Americans, is not menaced by IEDs and hill-point mortar. But sitting on an office chair for 10 hours a day, gobbling fast food and then planting it on a couch with an Xbox can kill you as well. Some basics of PT can help you in your own war, just as they hole pathfinders in them. Most importantly, your mind determines what your body can do. On my 2-mile run, Capt. Christopher Gage, commander of Pathfinder, stepped in with me. My shins, my ash and my feet dragged. About 100 meters from the finish, Gage said, it was poured in everything I left behind and if I threw up I threw up. I started running hard, screaming at first, then shouting with stress (discovering a modern fitness system that will help you build endurance and sculpt all the muscles in your body: Speed Shred, Speed, S I convinced myself for most runs that I couldn't do better when obviously because I felt tired and hurt. Staff Sgt. Joshua Swink, who administered my test, said this is a common mental problem, solved only by positive brain training. Your mind always says 'I can't do this', so you change the keywords. Every time you tell your brain, 'I can't do it,' you replace it with 'I can do it,' you rep

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