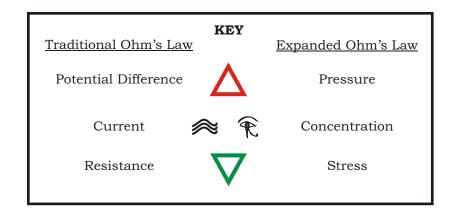
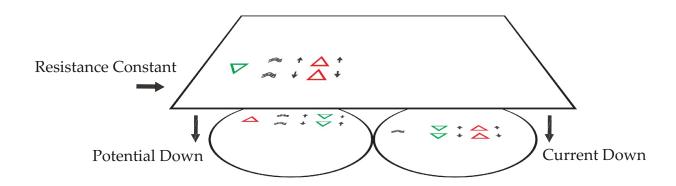
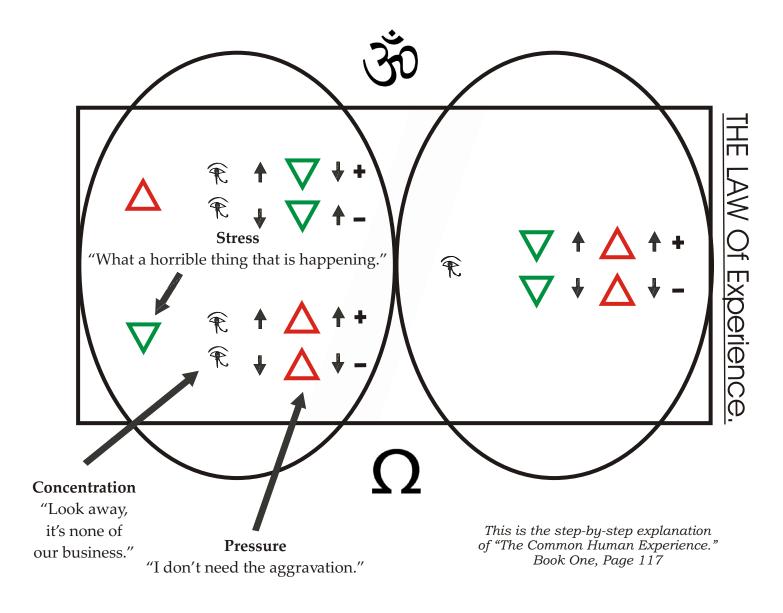
CHAPTER THREE Ohm's Law Of Experience.

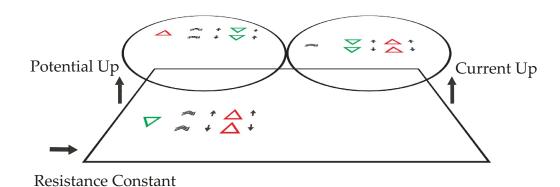


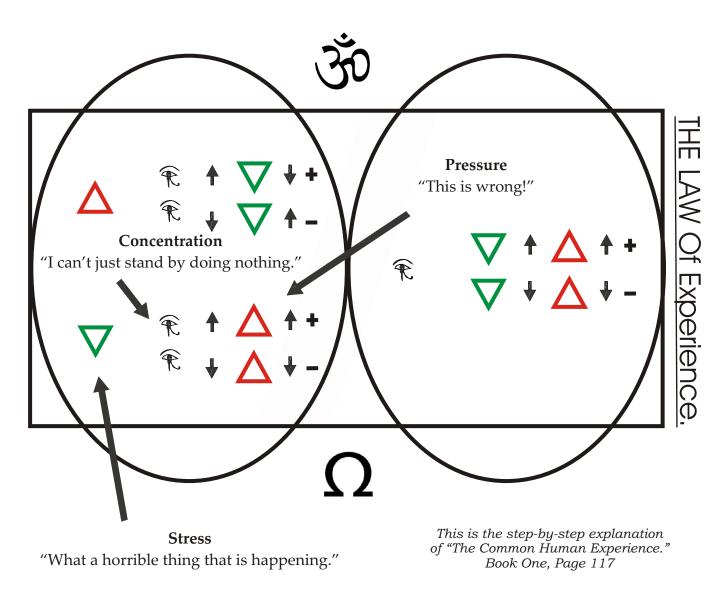
If stress is established and constant and concentration decreases it is because you cannot take the pressure.



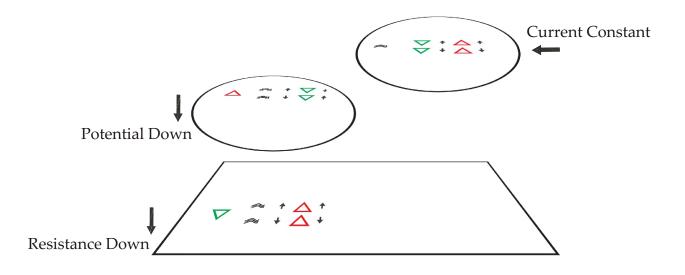


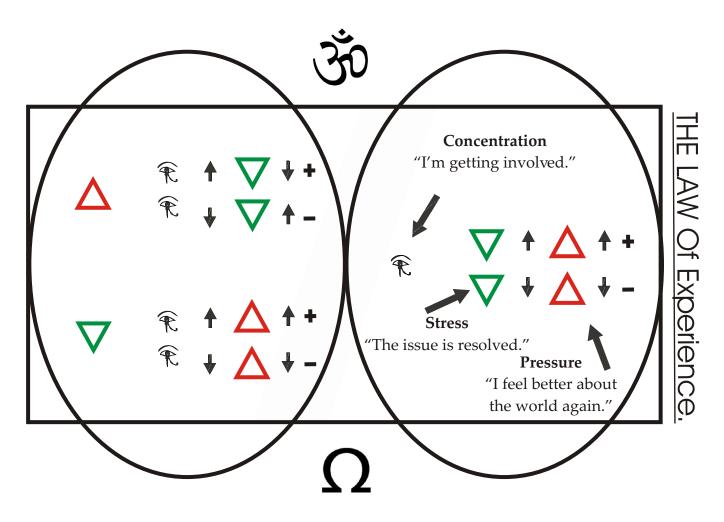
If stress is established and constant and you can handle the pressure, the more it increases the more your concentration also increases.



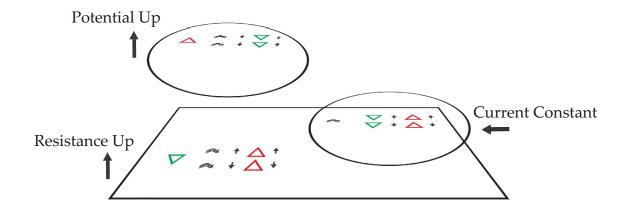


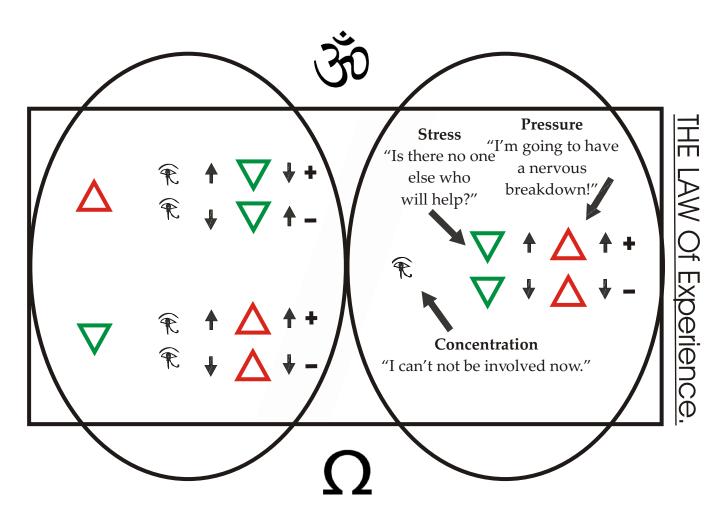
As you establish the ability to concentrate if you do not seek out the next stressful circumstance so also reduces the relative amount of pressure you can tolerate.



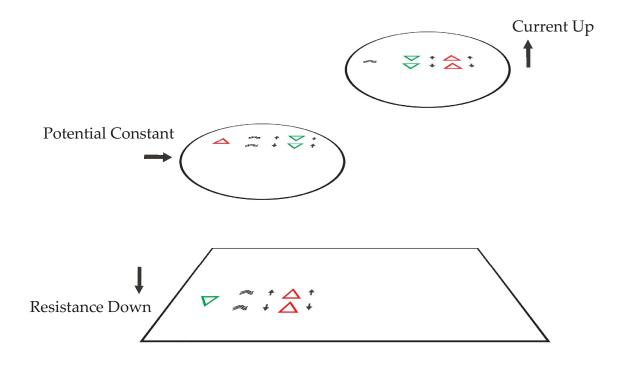


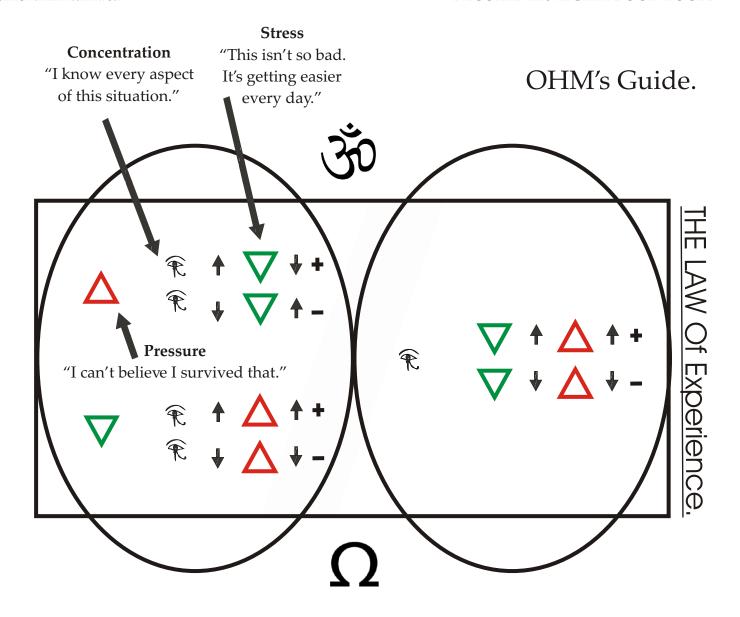
Once you establish the ability to concentrate as stress increases so does your ability to take the pressure.



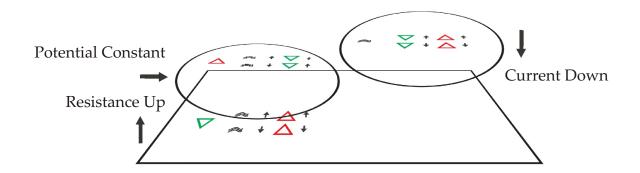


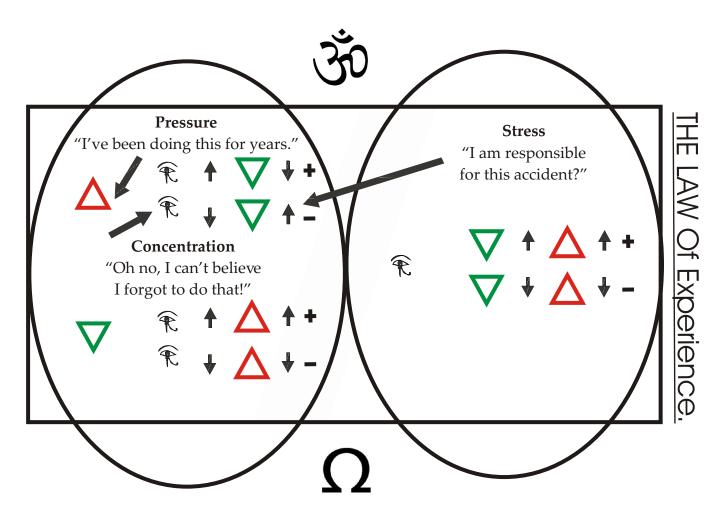
Once your pressure threshold has been established the more you concentrate the less stress you feel.





Regardless of your established pressure threshold, if concentration is lost, stress creeps back in.





Ohmslaw.ca

As pressure molds, you learn to focus on either obstacles or solutions.

Constant focus on obstacles creates a nervous personality. Focus on conquering required tasks becomes confidence.