Here's something no one ever talks about, something that'll help you understand how I got through the next two minutes of my life...

That cop and I were in a stand-off, so you'd think I was panicking, right? But I wasn't.

In fact, I'd never felt more calm and in control than I did right at that moment.

This was one of the secrets I was learning... When you break the rules you've been taught to follow your whole life, something strange happens.

Right up until the moment of no return, you're scared, trying to convince yourself not to do it, your heart just pounding in your throat...

But once you cross the line - pull a gun on someone or drive off in a stolen car or whatever this strange calm comes over you.

It's like all the rules we follow without thinking, knowing something bad will happen if we break them... You've just said it to all of that.

So what is there to be afraid of?











