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quality life. In Modern Bushido, you will learn: How to live a life of character How your thoughts affect your life What it means to be a true friend The true meaning of honor The benefits of meditation What true respect means Your ultimate responsibility in life How to balance your life How to be at peace the death What true courage is And much, much more... Modern Bushido is a must read for every martial artist and anyone who seeks to live life as it was meant to be lived - with honor, character and integrity.

Defensive Living is your key to unlocking success in a less-than-perfect world. This enlightening book presents the truth about how other people think and how you can successfully deal with people from all walks of life. The secret teachings in Defensive Living are simple, smart, powerful, and insightful. Learn the truth about what is going on in the minds of those around you. In Defensive Living, you will learn: - Strategies for dealing with different types of people- What to look out for in business and personal relationships- How to win the favor of almost everyone you meet- How to use your competition or "enemies" to your advantage- How to figure out what people are really thinking- When it is best to remain silent and stay in the background- How to speak and act to avoid being your own worst enemy- How to successfully deal with dishonorable people Learn all this and much, much more from nine of the world's foremost authorities on human behavior and characteristics! Dr. Bohdi Sanders brings you the timeless wisdom of: Gracian, Guicciardini, La Rochefoucauld, Han Fei Tzu, Bruyere, Goethe, Chesterfield, Machiavelli, and Sun Tzu. He masterfully takes the time-tested teachings from each of these masters and adds his straightforward, common-sense commentaries, to combine for powerful and practical advice on living a successful life

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today. Defensive Living is truly your key to living safely in a malicious world. Author's note: This book was previously released under the title The Secrets of Worldly Wisdom.

The Warrior Lifestyle is the last installment of the award winning Warrior Wisdom Series. This amazing book has been dubbed as highly inspirational and motivational by many of today's top martial artist. If you want to live your life to the fullest and live a life of excellence, you need to read The Warrior Lifestyle. Forwarded by top martial arts author, Loren W. Christensen, this amazing book guides the reader through what it takes to live the warrior lifestyle. The warrior lifestyle is not a lifestyle of violence as many assume, but rather a lifestyle of character, honor, and integrity. It is a way of living a life of excellence in every area of your life. Don't settle for an ordinary life; make your life extraordinary! The insightful advice and universal wisdom shines through on every page of this intriguing book. This is a MUST READ for every martial artist and is also a great book for anyone who seeks to live his or her life with character, honor and integrity. Author's note: This book was originally entitled Warrior Wisdom: The Warrior's Path. This is a revised and updated version of this work.

Character! Honor! Integrity! Are these traits that guide your life and your actions? Warrior Wisdom: Ageless Wisdom for the Modern Warrior focuses on how to live your life with character, honor, and integrity. This book is filled with enlightening quotes and insightful commentaries that will change your life. This highly acclaimed book has won multiple awards and is endorsed by some of the biggest names in both the martial arts world and the world of self-help. It won a 1st place award in the Indie Excellence Book Awards in 2010, and has been

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honored by four martial arts hall of fame organizations for its contributions to the world of martial arts. Warrior Wisdom guides the reader in how to live a quality life, one that is driven by character, honor, and integrity. It contains wisdom from throughout the world and across the ages, and applies this wisdom to modern-day life. The Warrior Wisdom Series was voted Best Martial Arts Series of the Year by the International Independent Martial Artist Association in 2010. If you desire to live a life of excellence, this book can change your life. It is not merely for martial artist, but for anyone who seeks to live life to the fullest. Learn the essential traits of living a quality life in this entertaining and powerful book.

BUSHIDO is a daily motivational book for martial artists and warriors. There are 365 quotes, commentaries and affirmations, one for each day of the year! The reader can read the text for the day, spend some time reflecting on the meaning for him or her, and then use the affirmation during his or her meditation time. The foreword is written by the legendary martial artist, Sifu Al Dacascos. BUSHIDO is endorsed by some of today's most respected martial artists. In addition to the quotes, commentaries, and affirmations, there is an entire list of all the quotes used in the book, plus a very comprehensive index which makes it easy to find exactly what you are looking for. BUSHIDO is a book that will motivate and inspire you every day of the year. This book is literally packed full of wisdom! The martial arts and warrior philosophy will make you think and inspire you to live a better life. This is one book that EVERY martial artist should have in his or her library!

A step-by-step approach to applying the Japanese warriors mind set to martial training and

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daily life.

Living the Samurai Ideal in the 21st Century. The Way of the Modern Warrior is an explanation of the samurai philosophy of Japan's fiercest warriors, practiced for over 1000 years. The author, Hanshi Stephen Kaufman, has been a warrior for 50 years, first as a member of the military, then as an advisor to the military, and finally as one of the world's most distinguished martial artists. In his years of experience he has collected the wisdom that comes from practicing martial arts through countless lessons learned and lessons taught. The 55 precepts in his new book are result of those years of experience and they will guide the modern day warrior as they devote energy and creativity to their lives. These principles and philosophies include Kaufman's insights about: "Arrogance" "Ease and Grace" "Wise Men and Evil" "Being Genuine" "Shame and the Glory" The Way of the Modern Warrior is an essential handbook for the modern-day samurai warrior who lives by honor, duty and service.

"What is Bushido? What is Budo? How are the culture and traditions of the samurai connected with the modern martial arts? Is the ancient wisdom of Japan's feudal warriors truly relevant in the twenty-first century? If so, how can it be accessed? This book addresses these questions, and is a must read not only for martial artists, but also for those who want to know more about the enigmatic Japanese mind and notions of self-identity"--Back cover.

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Secrets of the Soul is a delightful guide to uncovering your true, hidden beliefs. Written by the multi-award winning author, Dr. Bohdi Sanders, this book takes you on a personal journey to a deeper understanding of your true convictions. Do you really know exactly what you believe and why? You will, after reading Secrets of the Soul! Secrets of the Soul will help you: - Discover your true beliefs - Understand why you hold those beliefs - Discover what truly matters to you and why - Change certain beliefs that are no longer compatible with who you truly are - Gain more self-confidence in your personal beliefs - Realize what is important to you in your life - Live your life according to your own convictions instead of relying on those of other people This book is simple, but fascinating and extremely entertaining. You will be shocked, you will laugh, you will cry, and you will be amazed as you go through the process of discovering what you truly believe and why. Don't miss the chance to take this page turning journey to self-realization. You will be glad you did! Author's Note: This book was originally published as Fireside Meditations. This is a revised and updated edition of that book.

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