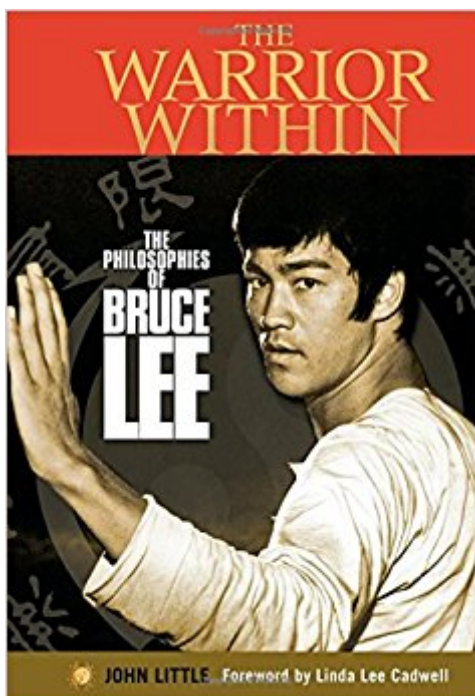


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# The Warrior Within: The Philosophies Of Bruce Lee



## Synopsis

Inspire and educate yourself with this comprehensive guide to the tactful and legendary ways of renowned martial arts master, Bruce Lee! During his lifetime, legendary martial artist Bruce Lee formulated a complex personal philosophy--a synthesis of Eastern and Western ideals--that extolled the virtues of knowledge and total mastery of one's self. However, most of his philosophical writings could be found only within the personal library of the Bruce Lee estate--until now. *The Warrior Within* is the most comprehensive volume of these teachings, meant to help you apply Lee's philosophies to your own life. This unique guide reveals such life-affirming secrets as: Seeing the totality of life and putting things into perspective Understanding the concept of Yin and Yang Defeating adversity by adapting to circumstances Tapping into inner spiritual forces to help shape the future With a foreword by his wife, Linda Lee Cadwell and photographs and other memorabilia from Bruce Lee's short but celebrated life, *The Warrior Within* is an engrossing and easy-to-understand guide to the little-explored world of Bruce Lee.

## Book Information

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## Customer Reviews

While Bruce Lee is generally thought of as a martial arts specialist who made movies and at 33 died under mysterious circumstances, his public perception does not usually include that of a master philosopher. Little (Precision Training: The New Method To Achieve Optimum Muscularity, Power Factor Pub., 1995) attempts to remedy that in this compelling and interesting book, written with the blessing of Lee's estate. A student of Lee's "jeet kune do" form of martial art, Little was given

access to heretofore unreleased personal notes, sketches, and reading annotations. What is revealed is a man who read extensively and was well versed in the philosophies of both East and West. Little arranges his narrative under such headings as "See the Totality," "Defeating Adversity," and "The Warrior Within." There is also an excerpt from an interview Little conducted with the late Brandon Lee (Bruce's son), as well as appendixes detailing Lee's principal works and a chronology of his life. While not an essential purchase, it is a worthwhile addition to public library collections. ?David M. Turkalo, Suffolk Univ. Law School Lib., Boston Copyright 1996 Reed Business Information, Inc. --This text refers to the Audio CD edition.

"Compelling and interesting." --Library Journal "[John Little] is one of the foremost authorities on Bruce Lee in the world." --Black Belt magazine --This text refers to the Audio CD edition.

I think this book would benefit everyone that picks it up. I am only through the first half of the book since I got the book 2 days ago, but it is profoundly simplistic. I've read a lot of books with similar subjects, but this is so simple that you can't help but instinctually agree with what is being said. The ideas that I need to align myself to be in tune with nature and flow like water are really opening up my mind to new possibilities of calm within myself. I think as the book points out, our Western philosophy is to fight with all our might until we have succeeded. Sometimes we could succeed if we just let things flow and happen as they may. I truly look forward to finishing this book and then reading through it 2 or 3 more times right away to make sure I have drawn every ounce of wisdom from it possible. This will need to be an annual read for sure. I recommend this book to anyone with an open mind and a desire to be at peace with their self.

I actually read this book before giving it to my sister for her Christmas gift. It is a good read and anyone who has enjoyed Bruce Lee movies, books and anything else Bruce, will enjoy this read ... I think this man will always be remembered and is an icon!

Love Bruce Lee. This book had a lot of insight and good advice. There is a section that describes how Bruce Lee stretches before he even gets out of bed. I practice it and what a wonderful difference is my flexibility and waking up my muscles.

If you're searching for an easy to understand view on Philosophy, and a guide to finding the answers to life's questions, this book is a good place to start. This will not Give you the answers, but it Will

give you, a Clue as how to find the answers within yourself. If you think Bruce Lee was just a Master of Martial Arts, you'll be surprised to find that this versatile man was also a Master Philosopher, and highly sought after teacher. Years spent in deep thought, and training of body and mind, gave Bruce a great insight into all the things that make up our lives. If you're searching, and you have an open mind, this book will speak to you, and help you find the light within yourself.

Bought this as a Christmas gift for my fiancé and he loved it, I was able to scan through and I think I'll be buying another one for me. Worth buying

I am almost halfway through the book and the insights contained in "The Warrior Within" reveal how contemplative Bruce Lee was.

If you are introspective and continue the search for enlightenment this is an enjoyable read and an insightful look at the mind of Bruce Lee.

This book shows why Bruce Lee deserves the title "The Greatest Martial Artists Ever" in addition to his great physical attributes Bruce Lee was a thinker an innovator someone who took the idea of martial arts and turned it not just into a devastating form of fighting aka JKD but a whole way of life. It makes me smile when I read articles about MMA being born in the 80's and the revolutionary training methods of MMA fighters today. When there was a man 30+ years ago who lived the life of a true master of MMA.

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