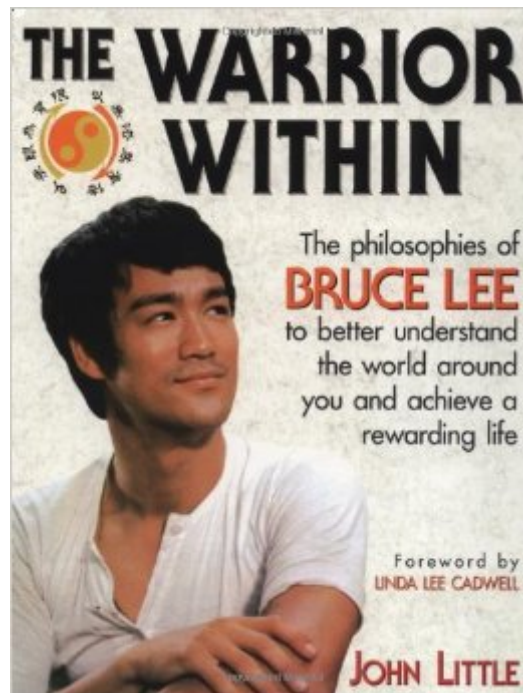


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# The Warrior Within : The Philosophies Of Bruce Lee



## Synopsis

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 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. John Little has been identified as "one of the foremost authorities on Bruce Lee in the world" by *Black Belt* magazine. He edited a three-volume series for the Bruce Lee estate and has written articles for several publications, including *Men's Fitness*, *Official Karate*, and *Inside Kung Fu*.

## Book Information

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## Customer Reviews

The book basically describes concepts of how Bruce Lee lived his life, and John Little shows how you can apply them to your life. The main concept in the book is to 'be yourself'. It is about easing up, and not adding complication to things that should occur naturally, such as in breathing. Do we think about how we breathe, and how to take a breath in and how to breath out? No, it is a natural process, and works its best when done naturally. The primary concept Bruce applies is the empty

mindedness concept. Instead of theorizing how to drink each time he drank, ie. hold a cup, tip it slightly, sip, Bruce says to learn to do this naturally. As in, you might have to learn it mechanically at first, but to truly drink or do anything successfully, you have to integrate it into a natural process, without you thinking about it. A quote that I made to sum the book up: "A man's purpose is to find himself and then become totally unconscious of himself." A story used to illustrate that example is one of a centipede. If a centipede thought about all 1000 of its legs, and which one should go in front of the other in order to walk, he would be forever stumped. This applies to other areas too, such as fighting, etc. If you always think about how to throw a punch each time you threw one, you wouldn't be trusting yourself, and your thoughts would slow you down, it probably would be too late to throw the punch anyhow. The book is about freedom, as in using what works for you, and not following in his or any other person's footsteps. How can you be unsatisfied when your goal in life is to learn about yourself? Among the only goals in life that can't be achieved is learning about yourself.

There is no doubt in my mind that this book will make you see things differently, whoever you are. It may help you more, however, if you have already been exposed to the teachings of the East, whether it is Buddhism, or Hinduism, or any practice which involves controlling and quieting your mind. A beginner will not benefit from the exercises of an advanced practitioner in any discipline; this is especially true when it comes to understanding the ways of the universe. This book is worth the read in any case because you will learn regardless of your previous background. You may not, however, be able to assimilate some of the core messages and will regard them as spiritual mumbo jumbo if you've never read anything about the topic. I know that if I'd read this book a year ago, I wouldn't have understood many of the key points, but because I've spent the better part of the past year involved in Eastern teachings, I've understood Bruce Lee's message much more profoundly. I started with *The Power of Now*, but it made me a passive egg plant which no longer had any ambitions because I was convinced that being here and now was the only way to live. Note that I'm not dissing the book. It did open my eyes to many things, but you shouldn't stop anywhere, and certainly not at *The Power of Now* because there is much more to life than the author seems to think there is. I kept searching until I was content with the answers I found (Edit- months later: you'll be surprised how often you'll find yourself discovering new paradigms when you flow in harmony with the universe around you. What you are content with at one point may seem antiquated at another), but you should never stop trying to improve yourself, so I'm going to carry on doing what I do until my time on planet Earth ends.

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