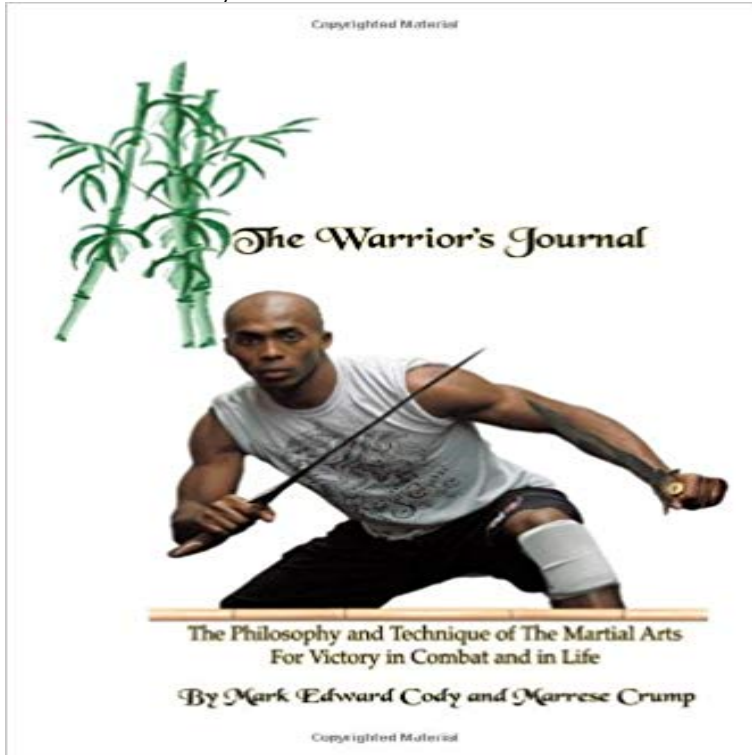


The Warriors Journal: The Philosophy and Technique of The Martial Arts For Victory in Combat and in Life



The Warriors Journal is the fourth book by Master Martial Arts Instructor, Mark Edward Cody. Based upon the training journal of coauthor Marrese Crump, this volume chronicles the life philosophy and technique of the man who wrestling legend Dave Batista goes to for combat strategy and martial arts instruction. The Warriors Journal taps into the ancient wisdom of the Way of the Warrior. It offers keys to victory in all of life's arenas of combat. It offers insight into the mind of the Warrior-Philosophers of antiquity whose words and deeds fill the legends of the collective human consciousness.

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