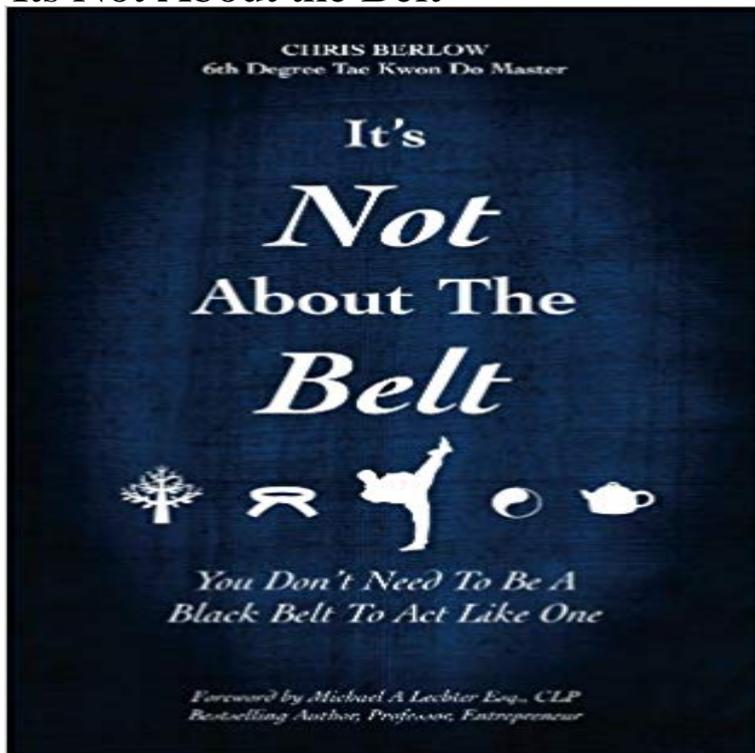


## Its Not About the Belt



There are many how-to books available on the skill of martial arts. However, if you are looking for a book that dives heavily into the mystique of the martial arts mindset and how to apply it to your everyday life, this book is definitely for you. With *Its Not About the Belt*, the harmony, mindset and fulfillment found by experts in the study of martial arts is achievable for anyone. In this book, you will learn how to: Apply black belt dedication and personal mastery to your daily lives. Find the positive and good in all situations. Apply respect, self-control, perseverance, integrity and indomitable spirit in all that you do. Associate with likeminded people for lasting positive relationships. Live with the Attitude of Gratitude. Integrate martial arts tradition to your daily lives. In this book, individuals discover a life filled with martial arts values, whether theyre students of the arts or not.-Master Chris Berlow

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