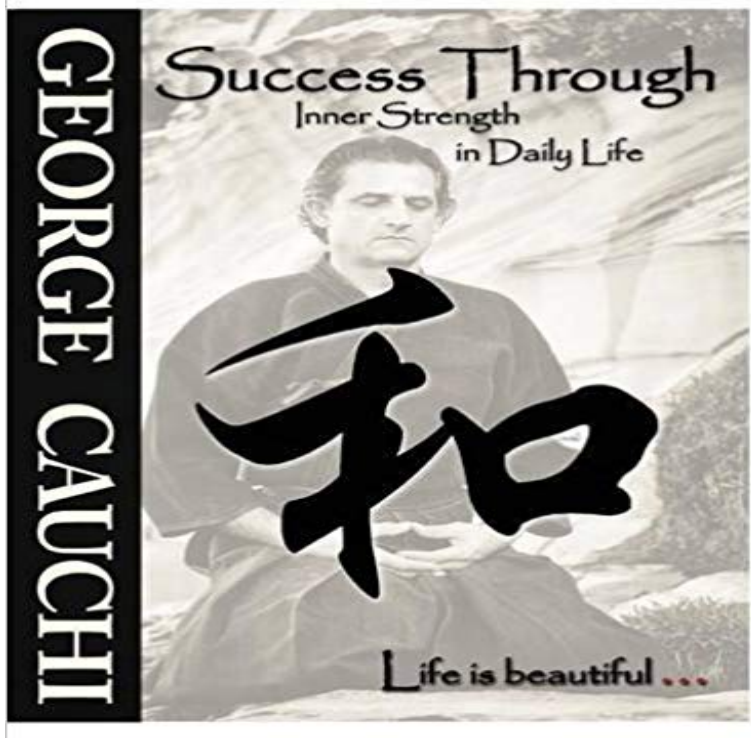


Success Through Inner Strength in Daily Life



This book is about the philosophy and psychology of the martial arts. A vehicle one can apply for success in daily life. Our inner strength is the most powerful source of the self, through which we get the drive and direction necessary for us to move forward in our journey. This strength is what we should all recognize, and the primary source that we need to utilize to live and to educate ourselves, toward a fulfilling way of life. I will be comparing the ideals of the Belt System, the syllabus applied and the martial artists way of thinking, based broadly for a lifelong plan. It provides a discipline through which we can improve and grow stronger physically, mentally, and spiritually. For the young at heart, teenagers, and for the mature adults, everyone can apply most of these principles that will foster limitless inspirational growth. One requires to have a strong loving connection to appreciate the foundations of why we are in this existence, if not we will be like a ship without direction.

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