



DOWNLOAD



The Shaolin Way: 10 Modern Secrets of Survival from a Shaolin Kung Fu Grandmaster

By Steve DeMasco

William Morrow Paperbacks. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 8.0in. x 5.3in. x 0.7in. Born in the projects of Spanish Harlem to a disabled mother and an abusive father, Steve DeMasco spent most of his childhood lost and angry. Drifting from one job to another, he stalked the streets as a troubled youth, barely surviving while all of his peers were either dead or in jail, until he found himself on the steps of the Shaolin Temple. Originating more than 1,500 years ago in ancient China, the Shaolin monks were simple farmers and worshippers of Buddhism who learned to protect themselves from the constant danger of bandits and overlords with a kind of meditation in motion, a nonlethal form of self-defense that didn't violate their vows of peace. As their legend grew, they became known as the Shaolin Fighting Monks, revered across the land for their spiritual dedication, enlightened message, and amazing fighting skills. DeMasco entered the Shaolin Temple to battle the demons of his past. But he got more than he bargained for. Besides learning how to wield weapons and take on multiple attackers at once, he discovered an ancient philosophy that helped melt away preconceived notions...



READ ONLINE
[9.29 MB]

Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger