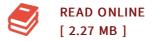




# Secret Power within: Zen Solutions to Real Problems

By Chuck Norris

Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. Broadway Books ed. 206 x 140 mm. Language: English . Brand New Book. Chuck Norris has spent a lifetime studying the martial arts, earning severalblack belts and world championships. Now, through anecdotes about his ownpersonal struggles and triumphs, Norris explains how the ancient system of Zen--the core philosophy behind the martial arts--can help each of us achievespiritual tranquillity and self-confidence. The Secret Power Within is both a highly accessible lesson in Zenphilosophy as well as the compelling story of Chuck Norris s own remarkablesuccess. In this highly entertaining and inspiring account, Norris shows howZen can be applicable to everyday situations, from the conference room to theliving room. Chapters include: \* Winning by Losing: If you have nothing to prove, you have no need to fight.\* Complete the Wheel: How to balance your life to achieve success.\* Your Master, Your Art: To maintain self-respect you must respect thework you do, and do it as well as possible.\* My Way of Meditating: Norris s personal technique for achievingtranquillity under pressure. The message is simple: There are no limits for the person who refuses to acceptthem. Chuck Norris, currently starring in his CBS-TV...



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