



The Warrior Within: The Philosophies of Bruce Lee to Better Understand the World Around You and Achieve a Rewarding Life

John Little

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[Read by Feodor Chin]

The Warrior Within is an engrossing and easy-to-understand guide to the little-explored world of Bruce Lee.

During his lifetime, legendary martial artist Bruce Lee formulated a complex personal philosophy - a synthesis of Eastern and Western ideals - that extolled the virtues of knowledge and total mastery of one's self. Most of his philosophical writings could be found only within the personal library of the Bruce Lee estate . . . until John Little was given permission to publish them for the wider world. *The Warrior Within* is the most comprehensive volume of these teachings, meant to help you apply Lee's philosophies to your own life. This unique guide reveals such life-affirming secrets as how to:

see the totality of life and put things into perspective,

understand the concept of Yin and Yang,

defeat adversity by adapting to circumstances,

and

tap into inner spiritual forces to help shape the future.

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