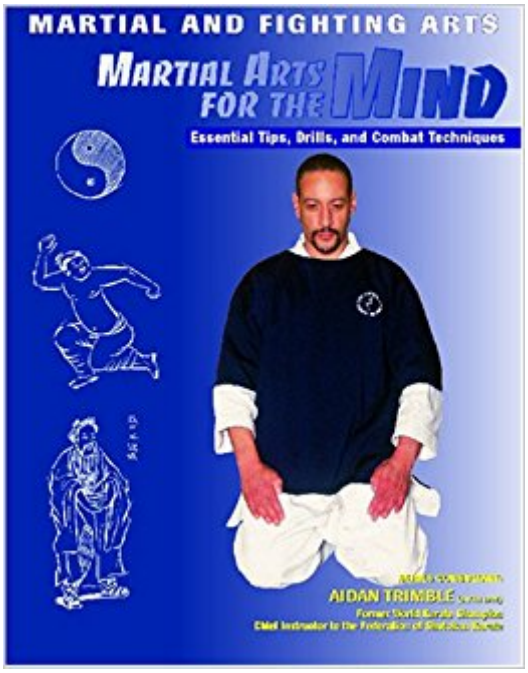
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# Martial Arts For The Mind: Essential Tips, Drills, And Combat Techniques (Martial And Fighting Arts)




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About this bookThe nature and origin of the world’s martial arts differ greatly yet all have one thing in common-mental strength. Each martial art insists that its students train to utilize the power of the mind to maximum effect. Indeed Oriental martial arts like kung fu and karate are well known for the great emphasis they put on the training of the mind as well as the body.Courage and bravery are qualities everyone expects to be associated with martial arts but there are many subtle qualities that can be nurtured through proper study and practice such as courtesy tolerance confidence dignity and loyalty. Because training unfolds in a physical way martial artists are able to encourage a healthy body healthy mind attitude within their chosen discipline.Product DetailsAuthor Nathan JohnsonLanguage EnglishFormat HardcoverPages 96Publisher Mason Crest PublishersBook DimensionsWeight 0.9 Pounds Length 10 Inches Width 8 Inches Height 0.5 Inches

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