



# Zen in the Martial Arts

*Joe Hyams*

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## **Zen in the Martial Arts** Joe Hyams

"A man who has attained mastery of an art reveals it in his every action."--*Samurai Maximum*.

Under the guidance of such celebrated masters as Ed Parker and the immortal Bruce Lee, Joe Hyams vividly recounts his more than 25 years of experience in the martial arts. In his illuminating story, Hyams reveals to you how the daily application of Zen principles not only developed his physical expertise but gave him the mental discipline to control his personal problems-self-image, work pressure, competition. Indeed, mastering the spiritual goals in martial arts can dramatically alter the quality of your life-enriching your relationships with people, as well as helping you make use of all your abilities.

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