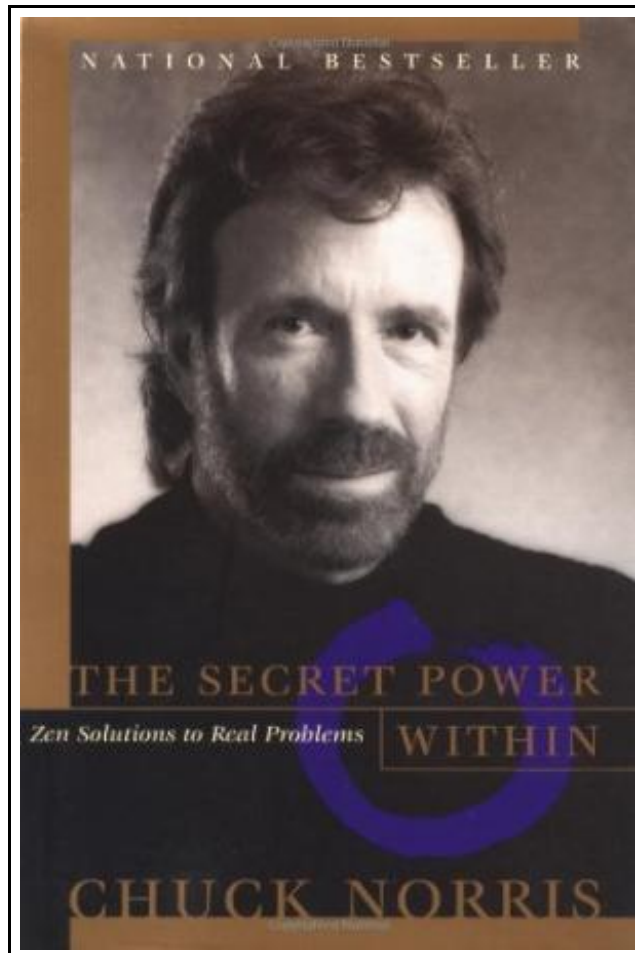


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Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. Broadway Books ed. 206 x 140 mm. Language: English . Brand New Book. Chuck Norris has spent a lifetime studying the martial arts, earning several black belts and world championships. Now, through anecdotes about his own personal struggles and triumphs, Norris explains how the ancient system of Zen--the core philosophy behind the martial arts--can help each of us achieve spiritual tranquillity and self-confidence. The Secret Power Within is both a highly accessible lesson in Zen philosophy as well as the compelling story of Chuck Norris's own remarkable success. In this highly entertaining and inspiring account, Norris shows how Zen can be applicable to everyday situations, from the conference room to the living 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 the work you do, and do it as well as possible.\* My Way of Meditating: Norris's personal technique for achieving tranquillity under pressure. The message is simple: There are no limits for the person who refuses to accept them. Chuck Norris, currently starring in his CBS-TV show Walker, Texas Ranger, is a world-champion martial arts master and star of many popular action films. He is the author of the New York Times bestseller The Secret of Inner Strength, his autobiography. This book is about what I've seen and understood by looking through Zen. It's about my life and the lives of people I've known, about real-life experiences that are in some way related to Zen or that make a special kind of sense when looked at in Zen terms.



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