



The Warrior Within : The Philosophies of Bruce Lee

By John Little

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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. However, most of his philosophical writings could be found only within the personal library of the Bruce Lee estate--until now. *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:

- Seeing the totality of life and putting things into perspective
- Understanding the concept of Yin and Yang
- Defeating adversity by adapting to circumstances
- Tapping into inner spiritual forces to help shape the future

With a foreword by Linda Lee Cadwell and photographs and other memorabilia from Bruce Lee's short but celebrated life, *The Warrior Within* is an engrossing and easy-to-understand guide to the little-explored world of Bruce Lee. John Little has been identified as "one of the foremost authorities on Bruce Lee in the world" by *Black Belt* magazine. He edited a three-volume series for the Bruce Lee estate and has written articles for several publications, including *Men's Fitness*, *Official Karate*, and *Inside Kung Fu*.

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Editorial Review

From Library Journal

While Bruce Lee is generally thought of as a martial arts specialist who made movies and at 33 died under mysterious circumstances, his public perception does not usually include that of a master philosopher. Little (*Precision Training: The New Method To Achieve Optimum Muscularity*, Power Factor Pub., 1995) attempts to remedy that in this compelling and interesting book, written with the blessing of Lee's estate. A student of Lee's "jeet kune do" form of martial art, Little was given access to heretofore unreleased personal notes, sketches, and reading annotations. What is revealed is a man who read extensively and was well versed in the philosophies of both East and West. Little arranges his narrative under such headings as "See the Totality," "Defeating Adversity," and "The Warrior Within." There is also an excerpt from an interview Little conducted with the late Brandon Lee (Bruce's son), as well as appendixes detailing Lee's principal works and a chronology of his life. While not an essential purchase, it is a worthwhile addition to public library collections. ?David M. Turkalo, Suffolk Univ. Law School Lib., Boston
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Review

"Compelling and interesting." --*Library Journal*

"[John Little] is one of the foremost authorities on Bruce Lee in the world." --*Black Belt* magazine

About the Author

John Little is uniquely suited to the task of relating the philosophy of Bruce Lee and his approach to life. Little has a degree in philosophy from McMaster University in Hamilton, Ontario, Canada, is the author of two books on health and fitness (having spent over fifteen years as a writer for several fitness magazines), and is himself a student of Lee's art of jeet kune do. Selected by the Bruce Lee estate, Little is the only person who has ever been authorized to review the entirety of Lee's personal notes, sketches, and reading annotations and to edit books on the subject of Lee's martial art and its far-reaching philosophical underpinnings. Little's keen awareness of the subtleties of both Eastern and Western philosophy coupled with a respect for the preservation of the essence of Lee's words and meaning give this book an integrity that is all too rare.

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Clara Lee:

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