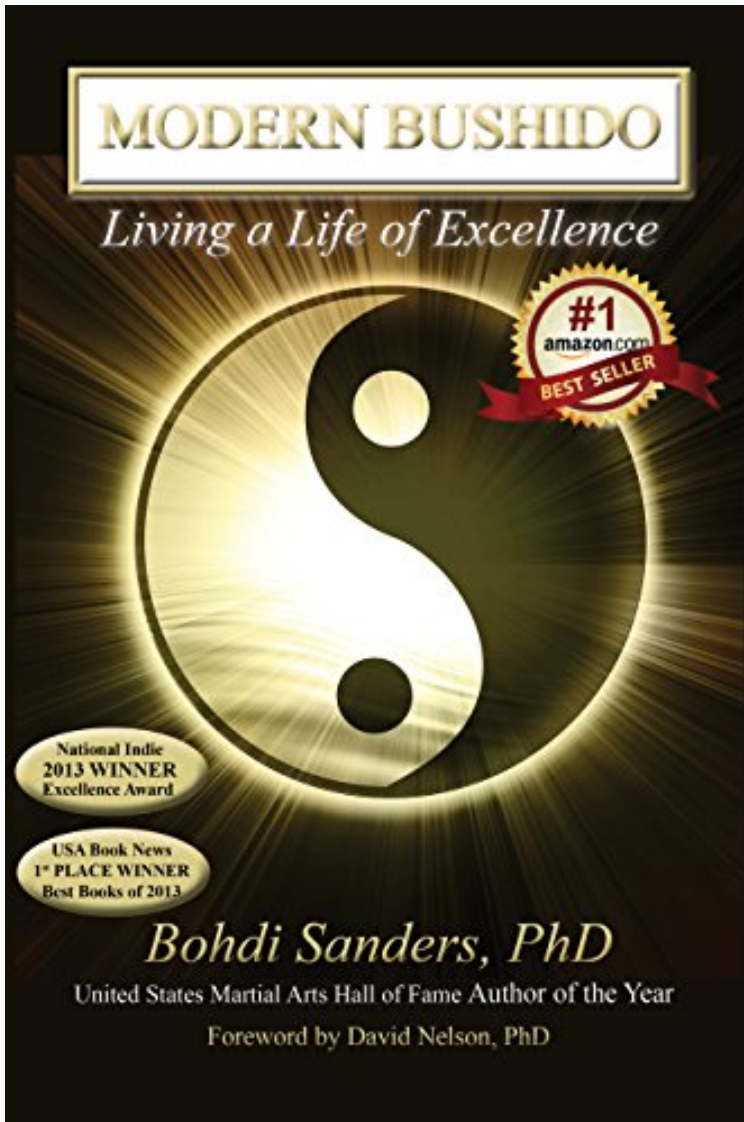


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means to live a successful, quality life. In Modern Bushido, you will learn: How to live a life of character How your thoughts affect your life What it means to be a true friend The true meaning of honor The benefits of meditation What true respect means Your ultimate responsibility in life How to balance your life How to be at peace the death What true courage is And much, much more... Modern Bushido is a must read for every martial artist and anyone who seeks to live life as it was meant to be lived - with honor, character and integrity. Presentation de l'auteur Modern Bushido is all about living a life of excellence. In this enlightening prose, Dr. Bohdi Sanders covers 30 essential traits that will change your life. Modern Bushido expands on the standards and principles needed to live a life of excellence and applies these traits directly to life in today's world. Readers will be motivated and inspired by the straightforward lessons and wisdom in this exceptional book unique book. If you want to live a life of excellence, this book is for you. This is a guidebook to living life to the fullest, with the character that defines the true human being. The advice discussed in Modern Bushido are sure to benefit your life in a positive way and lead you to a deeper understanding of what it means to live a successful, quality life. In Modern Bushido, you will learn: How to live a life of character How your thoughts affect your life What it means to be a true friend The true meaning of honor The benefits of meditation What true respect means Your ultimate responsibility in life How to balance your life How to be at peace the death What true courage is And much, much more... Modern Bushido is a must read for every martial artist and anyone who seeks to live life as it was meant to be lived - with honor, character and integrity. Biographie de l'auteur Bohdi Sanders is a lifelong student of wisdom literature, the healing arts, and the martial arts. His studies led him to explore the wisdom behind natural health, naturopathy, herbs, Reiki, Qigong, meditation, and the power of the mind to heal the body and to make positive changes in ones life. These explorations led to him earning doctorate degrees in naturopathy and in natural health. Dr. Sanders is also a Certified Personal Fitness Trainer, a Certified Specialist in Martial Arts Conditioning, a Certified Reiki Master, and a Certified Master of G-Jo Acupressure. He holds a black belt in Shotokan Karate and has studied various other martial arts for over 30 years. He has worked with young people for over 20 years and is endorsed to teach in five different subject areas. He is the author of: Warrior Wisdom: Ageless Wisdom for the Modern Warrior Warrior Wisdom: The Heart and Soul of Bushido The Warrior Lifestyle: Making Your Life Extraordinary The Secrets of Worldly Wisdom Secrets of the Soul Wisdom of the Elders Modern Bushido: Living a Life of Excellence Dr. Sanders books have received high praise and have won several national awards, including: The Indie Excellence Book Awards: 1st Place Winner 2010 USA Book News Best Books of 2010: 1st Place Winner 2010 IIMAA: Best Martial Arts Book of the Year 2011 USA Martial Arts HOF: Literary Man of the Year 2011 U. S. Martial Artist Association: Inspiration of the Year 2011 U. S. Martial Arts Hall of Fame: Author of the Year 2011