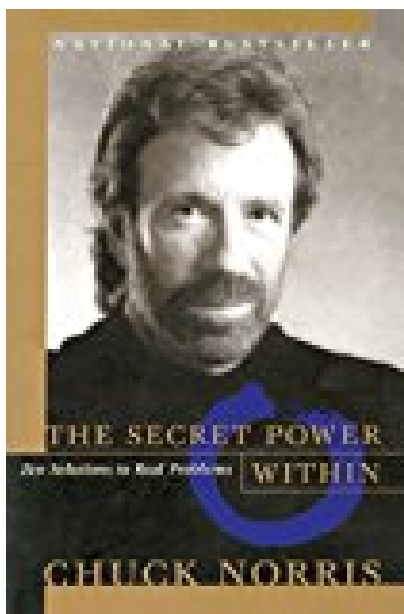


The Secret Power Within Zen Solutions to Real Problems



BOOK DETAILS

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BOOK SYNOPSIS

Chuck Norris explains his beliefs about Zen and everyday life, describing his acting career and martial arts training and sharing his Zen-based philosophies regarding stress, overcoming failure, achieving self-confidence, and becoming spiritually rich. Reprint.

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