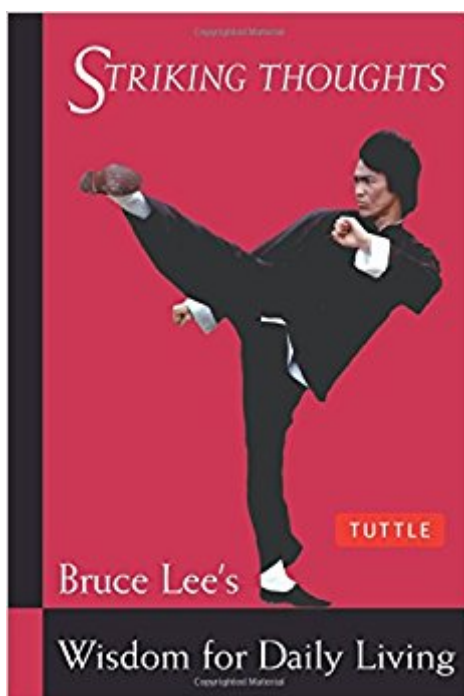


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# Bruce Lee Striking Thoughts: Bruce Lee's Wisdom For Daily Living (Bruce Lee Library)



## Synopsis

"A teacher is never a giver of truthâ€”he is a guide, a pointer to the truth that each student must find for himself. A good teacher is merely a catalyst."â€”Bruce Lee

Within the pages of *Striking Thoughts*, you will find the secrets of Bruce Lee's amazing successâ€”as an actor, martial artist, and inspiration to the world. Consisting of eight sections, *Striking Thoughts* covers 72 topics and 825 aphorismsâ€”from spirituality to personal liberation and from family life to filmmakingâ€”all of which Bruce lived by. His ideas helped energize his life and career, and made it possible for him to live a happy and assured life, overcoming difficult obstacles with seeming ease. His ideas also inspired his family, friends, students, and colleagues to achieve success in their own lives and this personal collection will help you in your journey too.

Sections include:

- On First Principlesâ€”including life, existence, time, and death
- On Being Humanâ€”including the mind, happiness, fear, and dreams
- On Matters of Existenceâ€”health, love, marriage, raising children, ethics, racism, and adversity
- On Achievementâ€”work, goals, faith, success, money, and fame
- On Art and Artistsâ€”art, filmmaking, and acting
- On Personal Liberationâ€”conditioning, Zen Buddhism, meditation, and freedom
- On the Process of Becomingâ€”self-actualization, self-help, self-expression, and growth
- On Ultimate (Final) Principlesâ€”Yin-yang, totality, Tao, and the truth

This Bruce Lee Book is part of the Bruce Lee Library which also features:

- Bruce Lee: The Celebrated Life of the Golden Dragon
- Bruce Lee: The Tao of Gung Fu
- Bruce Lee: Artist of Life
- Bruce Lee: Letters of the Dragon
- Bruce Lee: The Art of Expressing the Human Body
- Bruce Lee: Jeet Kune Do

## Book Information

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## Customer Reviews

"Bruce Lee books are now also available in ebook format [That's great, it's nice if you're traveling to take everything with you in one little small container so-to-speak." — "Martial Thoughts Podcast" Since he himself would not wholly accept any particular style of martial art or philosophy, Bruce encouraged his students not to accept, without question, his teachings. His main message was to keep one's mind, attitude, and senses pliable and receptive, and, at the same time, develop the ability to think correctly. This process of inquiry, debate, and practice would lead not only to knowledge of one's physical strengths and weaknesses but also to the discovery of basic truths that allow one to grow toward a state of harmonious unity of spirit, mind, and body." — Linda Lee Cadwell, from her preface "He was a teacher first of all. He taught philosophy and tried to spread knowledge and wisdom [The integrity with which Bruce Lee lived his life and tried to uphold what he believed to be right] that is a clear example of how it ought to be done. No matter what it is you're doing, do it with total honesty and total dedication. He definitely influenced me." — Kareem Abdul-Jabbar "I thought Bruce was a brilliant, fine philosopher about everyday living. He was very much into finding out who he was. His comment to people was 'Know yourself.' The good head that he acquired was through his knowing himself. He and I used to have great long discussions about that. No matter what you do in life, if you don't know yourself, you're never going to be able to appreciate anything in life. That, I think, is today's mark of a good human being — to know yourself." — Steve McQueen "Bruce's philosophy seemed always to be going back to the Zen origins, where contradictory advice states the simplest of truths. Bruce's lessons were lessons without being lessons; he was not a teacher, yet he was the greatest teacher I've ever known." — Stirling Silliphant "For every question you asked him he would never have to think about it, he would just blurt it right out. Bruce would cover every point with a little saying. If he would see that you were having trouble with something, he would always know just what to tell you. It would seem like he was always dusting off your 'bogie man.' Like if there was something that you were scared of, Bruce would notice and then say 'Ah, scared of that, well look at it this way.' He would change your whole idea about it. Bruce had sayings for everything." — Bob Bremer, student of Bruce Lee "We'd work out for an hour, then we'd talk for an hour about a lot of things. He didn't separate life from the extension in his arm. And he is the only one I know of that carried it to the point of real art." — James Coburn "In the collection of his writings 'Striking Thoughts: Bruce Lee's Wisdom for Daily Living,' Lee explains that there is a difference between the fulfillment of one's desires and the

fulfillment of how one desires to appear to the worldâ" âBusiness Insider

John Little is considered to be one of the world's foremost authorities on Bruce Lee. He's the only person who has ever been authorized to review the entirety of Lee's personal notes, sketches and reading annotations, giving him an insider's look at Lee's training methods and philosophies. He's shared this information with Lee's fans in his books published by Tuttle Publishing, including: Bruce Lee: Artist of Life; Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way; Letters of the Dragon; The Tao of Gung Fu: A Study in the Way of Chinese Martial Art; Bruce Lee: The Art of Expressing the Human Body and Bruce Lee: The Celebrated Life of the Golden Dragon.

I knew Bruce Lee was masterful, when it came to martial arts, but this book has wisdom that is applicable to life and success. I plan to give this book as a gift to a number of people, most especially my children. It came quickly, and in great condition! Thank you!

Bruce Lee was, and still is an inspirational figure. Bruce Lee's Striking Thoughts has less to do martial arts, and more to do with everyday life. He uses brief assertions to make powerful statements. Not only do I think about these for my life, but in my classrooms as well.

I really enjoyed reading this. I read it gradually in the span of about a year. The reason being that I'd come back to it when I couldn't sleep. When I first began to read this, it helped me quiet my mind. It got me into books about life and being. I think many might look this book over but it can give a very valuable perspective on life if open minded. I didn't realize how intelligent Bruce Lee was until reading this book!

Its very clear from the way he writes that Bruce was a philosophy student. Although many of the things collected in this book I had seen or read in other works, I did enjoy this collection.

Bruce Lee was not only a great martial artist, but a man of great insight and ingenuity. His philosophy and influence was and still is followed by people from all walks of life from actors and musicians to athletes and devoted fans such as myself. This book is another great example of how we could apply Master Lee's knowledge and teachings to our daily lives. Long live the king of martial arts.

I have confirmed what I always sensed. Bruce was trained and fully mastered Taoist and other Buddhist philosophies very early in life, and went on to study and teach his philosophies in gentle and loving ways. Through this book, I feel I have been introduced to him very personally. I respect him far beyond his popular films and martial skills, and look forward to reading more of his writings. Thank you, Bruce and Shannon for offering this material to us all.

I always admire Bruce Lee because of his philosophy and this book share a great deal of his philosophy. I definitely recommend this book for daily reading.

Once you get passed the "be like the nature of water" passage...the rest of the book is not quite as profound. Essentially indicating to be a good person and be aware of the world around you. Use your mind before your fists. Bruce Lee had a great message and I believe was a great person.

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