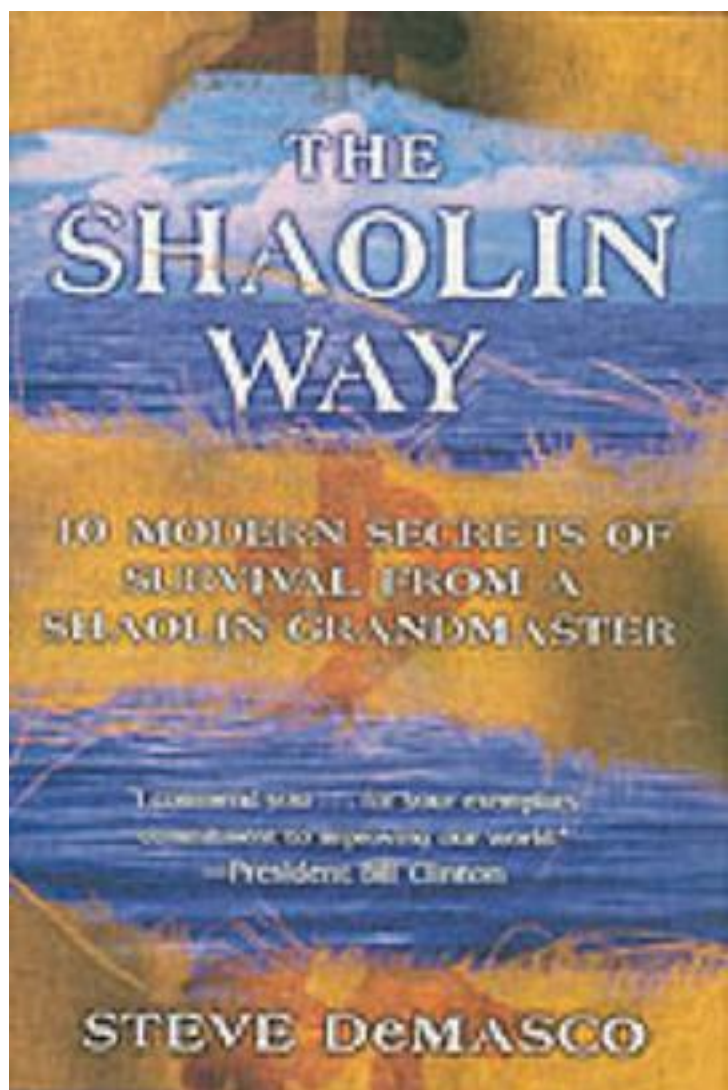


# The Shaolin Way



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Born in the projects of Spanish Harlem to a disabled mother and an abusive father, Steve DeMasco spent most of his childhood lost and angry. Drifting from one job to another, he stalked the streets as a troubled youth, barely surviving while all of his peers were either dead or in jail, until he found himself on the steps of the Shaolin Temple. Originating more than 1,500 years ago in ancient China, the Shaolin monks were simple farmers and worshippers of Buddhism who learned to protect themselves from the constant danger of bandits and overlords with a kind of "meditation in motion," a nonlethal form of self-defense that didn't violate their vows of peace. As their legend grew, they became known as the Shaolin Fighting Monks, revered across the land for their spiritual dedication, enlightened message, and amazing fighting skills. DeMasco entered the Shaolin Temple to battle the demons of his past. But he got more than he bargained for. Besides learning how to wield weapons and take on multiple attackers at once, he discovered an ancient philosophy that helped melt away preconceived notions of the world, and gave him a powerful platform on which to live and grow. In *The Shaolin Way*, he adapts these teachings for the modern world, singling out ten secrets of survival that can help anyone live a more fulfilled life.

作者介绍:

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