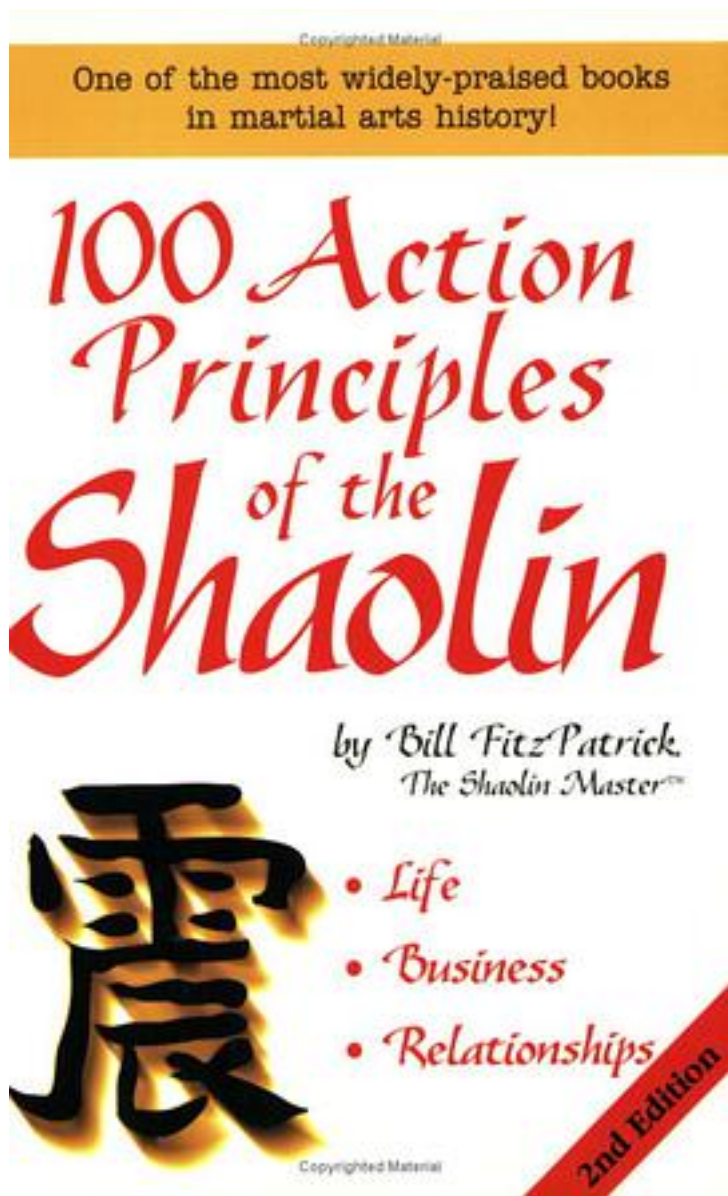


100 Action Principles of the Shaolin



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Product Description

The Shaolin Action Principles are short bits of action-oriented advice that will guide you in your lifelong quest for spiritual and mental growth, health and financial prosperity. You will develop a mental and physical toughness to handle the rigors of everyday living as you work toward your goals. You will develop a mental and physical softness expressed in an inner peace from the knowledge that you are putting forth your best effort. You will understand what the martial arts are really all about.

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