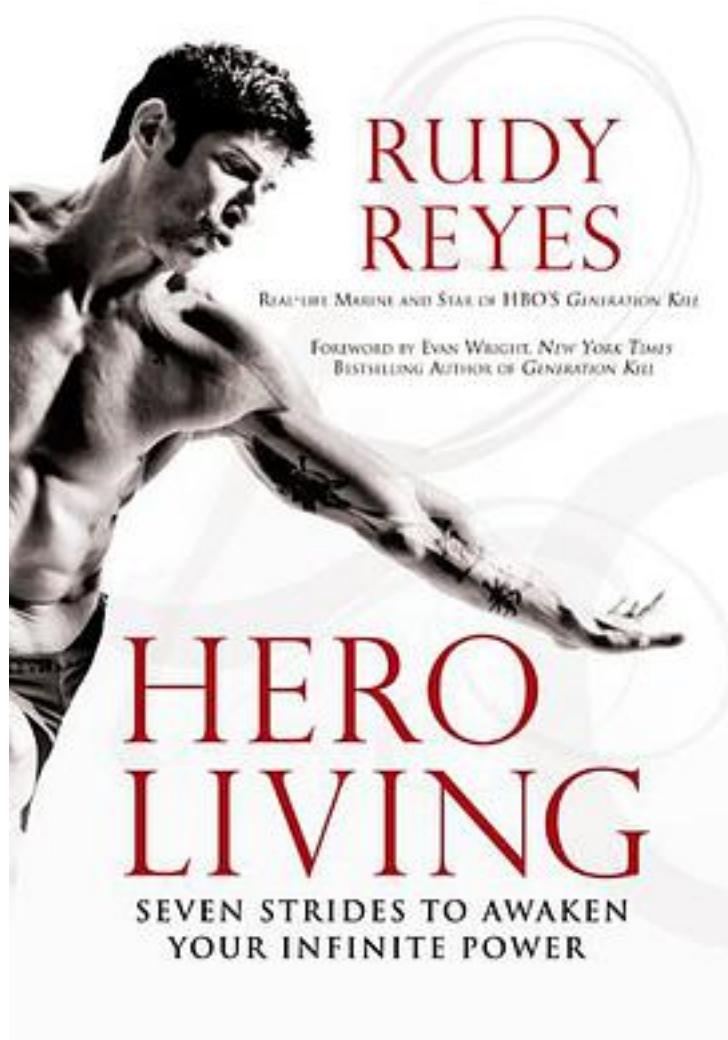


Hero Living



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著者:Reyes, Rudy

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The star of HBO(r)'s Generation Kill and the real-life warrior from the New York Times bestseller presents his "Hero Living" plan.

In his publishing debut, Rudy Reyes introduces his philosophy of "Hero Living": part Homer, part Joseph Campbell, part Bruce Lee, and part Spider-Man. The various stages in the journey aim to bring forth the hero within: recognizing the hero's call, following the hero's path, and returning from life's battlefield with the hero's hard-earned wisdom.

Taking readers step-by-step through his program, Reyes draws from his own heroic story of how he triumphed over his harrowing childhood experiences of poverty and abandonment. Rather than giving up hope, he heeded the hero's call to live up to his full potential-first as a martial-arts champion, then as an elite warrior in the mountains of Afghanistan and on the sands of Iraq, and finally in his post-Marines life as a personal trainer, actor, and motivational speaker.

作者介绍:

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标签

评论

嗯……虽然撸帝说了不是那种什么心灵之书，但是……好吧我还是觉得就是那种催眠书……虽然标了读过，但其实还在读，每周一天读那么一点……兔耳你打五星真的不是因为封面吗？！！！==

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书评

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