



# The Warrior Ethos: Daily Motivation for Martial Artists and Warriors

*Bohdi Sanders Ph.D.*

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## **The Warrior Ethos: Daily Motivation for Martial Artists and Warriors** Bohdi Sanders Ph.D.

The Warrior Ethos is a daily motivational book for martial artists and warriors. There are 365 quotes, commentaries and affirmations, one for each day of the year! The reader can read the text for the day, spend some time reflecting on the meaning for him or her, and then use the affirmation during his or her meditation time. The foreword is written by the legendary martial artist, Sifu Al Dacascos. The Warrior Ethos is endorsed by some of today's most respected martial artists. In addition to the quotes, commentaries, and affirmations, there is a entire list of all the quotes used in the book, plus a very comprehensive index which makes it easy to find exactly what you are looking for. The Warrior Ethos is a book that will motivate and inspire you every day of the year. This book is literally packed full of wisdom! The martial arts and warrior philosophy will make your think and inspire you to live a better life. This is one book that EVERY martial artists should have in his or her library!



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