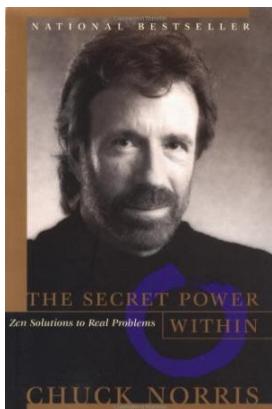


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## SECRET POWER WITHIN: ZEN SOLUTIONS TO REAL PROBLEMS (PAPERBACK)



Bantam Doubleday Dell Publishing Group Inc, United States, 1998. Paperback. Book Condition: New. Broadway Books ed. 206 x 140 mm. Language: English . Brand New Book. Chuck Norris has spent a lifetime studying the martial arts, earning several black belts and world championships. Now, through anecdotes about his own personal struggles and triumphs, Norris explains how the ancient system of Zen--the core philosophy behind the martial arts--can help each of us achieve spiritual tranquillity and self-confidence. The Secret Power Within is both a highly...

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