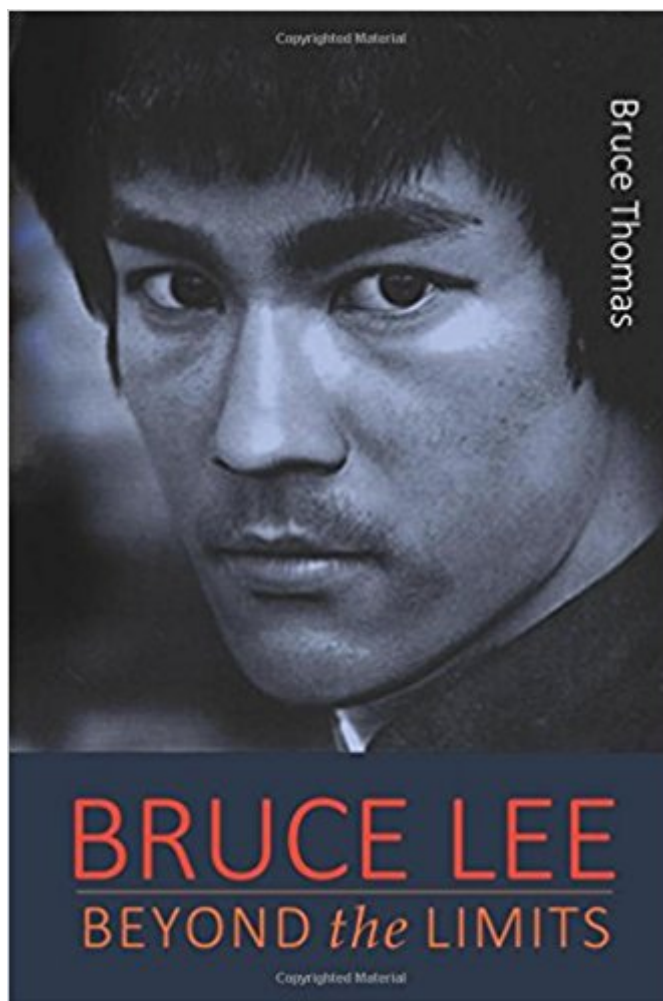


The book was found

# Bruce Lee: Beyond The Limits: ...his Teaching For Life



## Synopsis

Beyond the Limits uses Bruce Lee's own words to reveal that his ambitions were far greater than achieving fame and fortune as a movie star, or creating a revolutionary new fighting method. Behind everything he did was an understanding that can lead any of us to our fullest potential and greatest possibilities and into what he himself called "a circle without limits". Bruce Lee's art and teaching is an authentic way that embraces both Chinese wisdom and quantum physics as well as being fifty years ahead of its time by foreseeing the discoveries of cutting-edge sciences like epigenetics and neuroplasticity. This book really does go far beyond the limits of anything that has ever been written about Bruce Lee's life and work. Full of new insight, it explains what motivated his whole life and reveals his true legacy and greatness. You will see Bruce Lee in a whole new light.

## Book Information

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## Customer Reviews

Bruce Thomas is also the author of the definitive, best-selling biography of Bruce Lee's Fighting Spirit. He trained in kung fu with the late master Derek Jones. Bruce Thomas is also the former bass player of the Attractions which he has written about in his memoirs, Rough Notes.

I didn't know much about Bruce Lee's personal life before reading this book. Keep in mind that this

is not a biography, Bruce Thomas has already written one: this is about Bruce Lee's teachings and the philosophies that propelled him. I found this a great place to start understanding Eastern philosophy in a very practical and understandable manner. Bruce Thomas gives enough of an overview with stories or examples that you can see how they are relevant to your own life, and it will probably inspire you to do more studying on your own. I came away from this saddened that Bruce Lee's life ended at such a young age as he had so much to share. This book whet my appetite to learn more, and you can't hope for more when you first open the cover of a new reading.

An interesting read and look into the mind of the philosophies of the man the world knew for his martial abilities. Bruce Lee was a thinker, which is likely what allowed him to achieve so much in his martial pursuits.

very good 5 stars

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