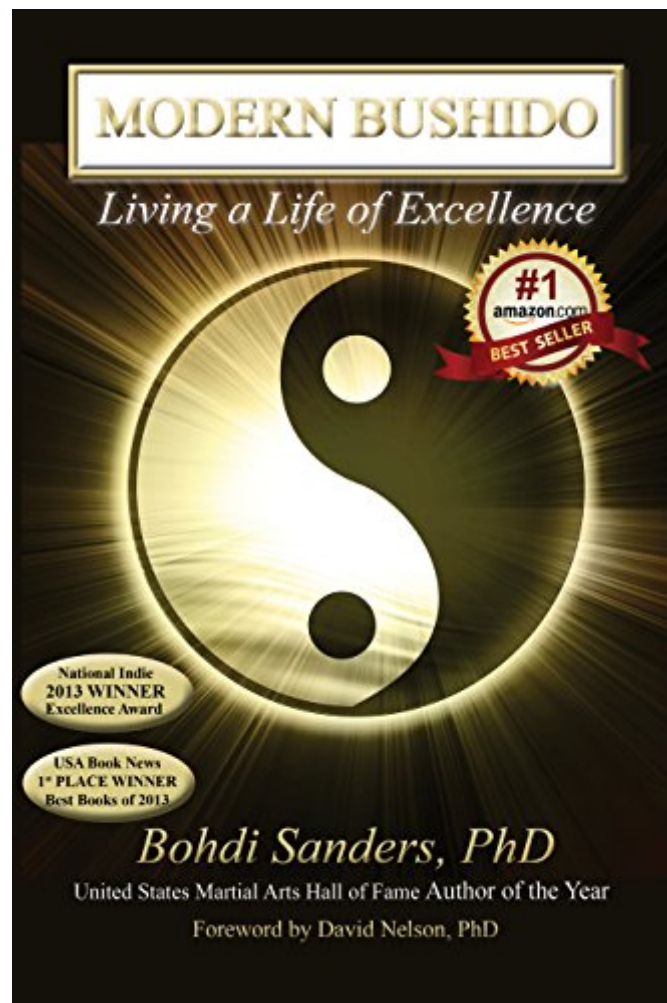




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# Modern Bushido: Living A Life Of Excellence



## Synopsis

Modern Bushido is all about living a life of excellence. In this enlightening prose, Dr. Bohdi Sanders covers 30 essential traits that will change your life. Modern Bushido expands on the standards and principles needed to live a life of excellence and applies these traits directly to life in today's world. Readers will be motivated and inspired by the straightforward lessons and wisdom in this exceptional book unique book. If you want to live a life of excellence, this book is for you. This is a guidebook to living life to the fullest, with the character that defines the true human being. The advice discussed in Modern Bushido are sure to benefit your life in a positive way and lead you to a deeper understanding of what it means to live a successful, quality life. In Modern Bushido, you will learn:

- How to live a life of character
- How your thoughts affect your life
- What it means to be a true friend
- The true meaning of honor
- The benefits of meditation
- What true respect means
- Your ultimate responsibility in life
- How to balance your life
- How to be at peace the death
- What true courage is
- And much, much more...

Modern Bushido is a must read for every martial artist and anyone who seeks to live life as it was meant to be lived - with honor, character and integrity.

## Book Information

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## Customer Reviews

This became one of my most important books in my library. Very well written, easy to read, value on each sentence, very practical stuff too. Bohdi Sanders is now one of my favorite writers, so I'll be buying the rest of his books as soon as I finish this one, which I'm reading and re-reading very slowing, learning a lot and enjoying each sentence.

The author copy pastes some famous quotes, then adds a lot of pointless, self repetitive, empty banalities and cliches to them...Anyone could have copy pasted these quotes into a book, and we could just leave out the "explanations" for themI was expecting some original , deep thoughts from the author, but there is none...If you are into martial arts and oriental philosophy, there are much better books out there

Very inciteful.

This book helps to reestablish the basic tenets of living honorably to achieve personal excellence. It is not a "how to" book, but a guide that reinforces the virtues taught in early human development: Honor, Integrity, Character, etc. I use it as a reminder of what I should be doing in my daily living to achieve a true sense of achievement and success at a very personal level as a Man, a Brother, a Husband, a Father, a Friend - not to create an image to others. I highly recommend this book to anyone who may feel off track in their life and want to refocus on the things that matter and truly make a difference in daily living that aid in reaching goals and taking charge of their lives.

Having read and reviewed numerous books on the warrior philosophy the title of this book immediately caught my attention. As someone who is always seeking new approaches and ideas based upon living "the way of the warrior" I looked forward to reading this book. The 31 chapters' presents a comprehensive and well researched study on the essential principles one must follow in order to live a life of excellence. Though many of these elemental warrior principles have been written about by many writers in the past, this author's approach is both unique and refreshing. In fact, if you love reading how to improve yourself not just physically as a warrior but intellectually as well, this may become your favorite volume in your personal library. It is one of the best books I have read on the philosophical principles of "living the way of the warrior."Each chapter explores the

following warrior principles: Character, integrity, virtue, correct thought, right actions, correct speech, wisdom, honor, respect, discipline, honesty, courage, endurance, justice, sincerity, self-knowledge, preparedness, benevolence, courtesy, spirituality, meditation, insight, self-reliance, friendship, filial duty, balance, excellence, loyalty, total self-defense, and acceptance. The final chapter explains the antithesis of the warrior, which is the fool. One of the many fantastic things about this book is that after each chapter, there are two pages of quotes from numerous sources in order to reinforce the lessons taught in that chapter. This book can also be used as an excellent reference source for those doing research into the warrior philosophy. In conclusion, this is a book for anyone who desires to live a life of excellence as a warrior. Rating: 5 Stars. Joseph J. Truncale (Author: Predator Hunter: A warrior's memoir)

It is not often that you can find a book or writer who actually enlightens your path, explains your truths and does in a way that all can understand. I have walked the ways of the Modern Warrior for 37 years now. I never knew how to put that belief or lifestyle into words. If you know a warrior and want to know his thought processes read this book and the others by Bohdi Sanders. They are full of information about the Warriors thoughts and concepts (Lifestyle). If you are a Warrior and wish to learn more about yourself, read this book. The ease and style of writing make this book a great companion on a trip, on vacation, on the coffee table or bathroom reader. You can read it all the way through or parts and pages at a time. Every page can enlighten your thought process. Thank you Bodhi Sanders, great job!!! I give copies of your books to all my Black Belt students and refer to them in our training. Retired Chief Petty Officer-CMAA/USN, Retired Sheriff Deputy II and still fulltime Kyoshi/Sensei in Shorin-ryu Michael Tobin.

It had taken me almost a decade after cancer to realize the life I was working hard to get back to, was in fact the one I did not want. My family and my career are blessings. I thought I was on the path; I was wrong, it was not good enough, it did not pass muster. What I needed was to shed the frustrations of work, over-work, political and religious traps and the people in my life that do not live a life of Honor. I work to surround myself with those who know the Way, and those I can look up to and learn from. I made the commitment for a life change recently and this path also led me to Bohdi Sanders, who added the conviction, literature and real life wisdom to reinforce positive life changes. I have six of Bohdi Sanders' books so far and my wife, a martial arts instructor of Tang-Soo-Do, enjoy and reference them constantly. And these are not books exclusively for martial artists. Also, regardless of your religious affiliation, you will find that these teachings will fit nicely into

your life without compromising your faith-I am Christian and I find all of this wisdom reinforces my faith. These are books that serve as guide books and reference books for living a life of honor. Keep them handy as you will want to go back to them time and again. I also enjoy Bohdi Sanders' website and frequent Facebook posts as they fortify your day and reinforce your convictions. If you can bear it, Live a Life of Honor, read these books and pass your honor forward in daily life. I highly recommend it.

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