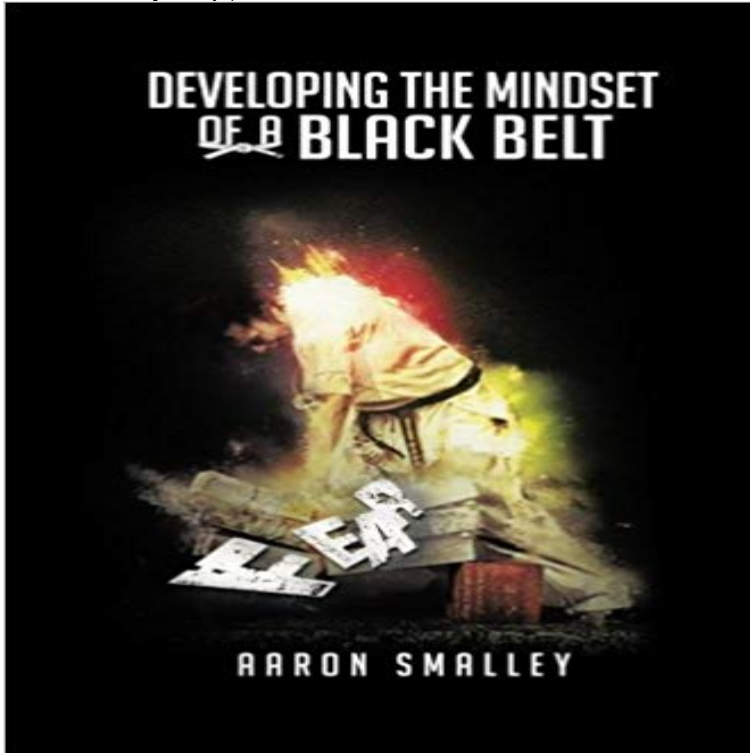


## Developing the Mindset of a Black Belt



My book is a self-help book, which is focused on the components of personal growth, through the martial arts. The idea is to bring the life lesson and experiences that you can learn from the martial arts, such as confidence, goal setting, discipline, warrior ship and developing a black belt mindset into a world where these ethics have dwindled under the growing pressure of living in the 21st century. Through developing a black belt mindset under the guidance and tools within this book, anything becomes possible and your potential becomes limitless. Live the life of a modern warrior.

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