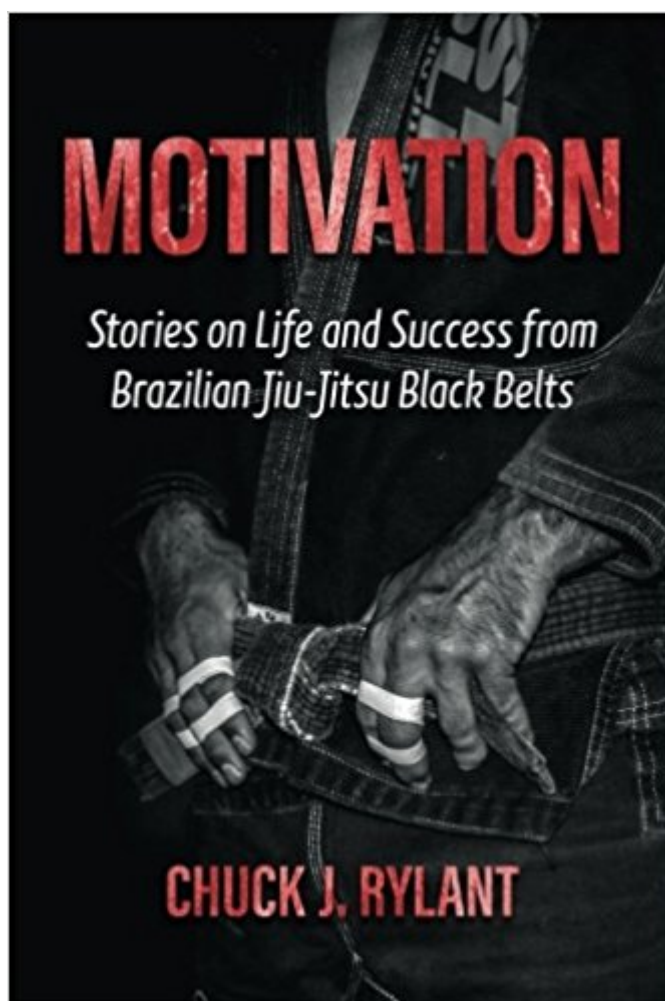




The book was found

Motivation: Stories On Life And Success From Brazilian Jiu-Jitsu Black Belts



Synopsis

This is a collection of intimate and sometimes shocking conversations about motivation with twelve Brazilian Jiu-Jitsu black belts. The end result is twelve fascinating and unexpected stories about overcoming adversity and achieving success in life and Jiu-Jitsu. Jiu-Jitsu has often been used as a metaphor of life, but you can replace Jiu-Jitsu with any sport, business or ambitious pursuit - the lessons are universal. What drives ambitious people is often shaped by our subconscious mind. We are not always aware of the influences driving our behavior, but you will discover underlying themes which reveal answers to the following questions: What drives highly successful people? Are they born ambitious or is it learned? What is common among extremely motivated people? What lessons have they learned during their journey? Were the sacrifices worth the rewards?

Book Information

Paperback: 116 pages

Publisher: Perfect Life Publishing (September 30, 2016)

Language: English

ISBN-10: 098396372X

ISBN-13: 978-0983963721

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 35 customer reviews

Best Sellers Rank: #301,693 in Books (See Top 100 in Books) #291 in Books > Sports & Outdoors > Miscellaneous > Sports Psychology #649 in Books > Sports & Outdoors > Individual Sports > Martial Arts

Customer Reviews

Great book. I followed Chuck's blog articles as he developed the book. Those are great and the book version improved the readability and clarity of the stories. The book uses Jiu Jitsu as a platform to show great examples of what drives people to become great at what they do. As a BJJ instructor and practitioner I have seen Jiu Jitsu change many peoples lives for the better. This book offers a great insight to the power of Jiu Jitsu.

Great, enjoyable read. Read it in few hours and only put it down for dinner. The author very nicely pulls together a string of interviews from a diverse group of people with one thing in common, they

live a Jiu-Jitsu lifestyle which has made them healthy and happy. You can put me down as one of the saved as well. Happy training! - Michael R. Simpson, NOLA BJJ Black Belt, and author of Bruises (I do not know the author, this review was unsolicited and I purchased the book).

I get excited whenever I see a book on BJJ and this one did not disappoint. It was full of great stories of motivation. It is one I can pick up and read again at any time whenever I am doubting myself.

Great book! I'm a father of 5 and work a stressful job. It's hard to get motivation to train sometimes. This book was inspirational and motivational.

I loved this book. Every story was inspiring. I love to read about people overcoming personal struggles. It makes you a stronger person. I look forward to more great books from this author. Thanks Chuck.

Good book! It's a fascinating window into the lives of some impressive people. The parallels between them is very interesting.

Thoroughly enjoyed this book. Entertaining, motivating, and an easy read. Would be a great gift for any grappler or combat sport enthusiast.

Good stories of struggles with a purpose. Everyone has their own journey, you just have to find your, positive and informative.

[Download to continue reading...](#)

Motivation: Stories on Life and Success from Brazilian Jiu-Jitsu Black Belts Brazilian Jiu-Jitsu: The Ultimate Guide to Dominating Brazilian Jiu-Jitsu and Mixed Martial Arts Combat Mastering The 21 Immutable Principles Of Brazilian Jiu-Jitsu: The Ultimate Handbook for Brazilian Jiu-Jitsu Students Guerrilla Jiu-Jitsu: Revolutionizing Brazilian Jiu-jitsu Brazilian Jiu-Jitsu For Beginners: The Ultimate Guide For The Jiu-Jitsu White Belt Easy Portuguese Cookbook: 50 Authentic Portuguese and Brazilian Recipes (Portuguese Cookbook, Portuguese Recipes, Portuguese Cooking, Brazilian Cookbook, Brazilian Recipes, Brazilian Cooking Book 1) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Works) TRAILBLAZERS Stories of Training

Brazilian Jiu-Jitsu in Rio de Janeiro 1988-2005 Ground Fighting Techniques to Destroy Your Enemy: Mixed Martial Arts, Brazilian Jiu Jitsu and Street Fighting Grappling Techniques and Strategy (Self-Defense Book 3) The Brazilian Jiu Jitsu Globetrotter The Gracie Way: An Illustrated History of the World's Greatest Martial Arts Family (Brazilian Jiu-Jitsu series) A Roadmap for BJJ: How to Get Good at Brazilian Jiu-Jitsu as Fast as Humanly Possible Zen Jiu Jitsu - White to Blue Jiu-Jitsu University Advanced Rubber Guard: Jiu-Jitsu for Mixed Martial Arts Competition Mastering the Twister: Jiu Jitsu for Mixed Martial Arts Competition STING LIKE A MOTHA Fâ™N BEE-Shawn Kunkler, author of the worldâ™s most (fun) badass training manual: Advanced Training for MMA, Jiu Jitsu, Kung Fu, Boxing, Martial Arts: How to Maximize Your Advantage Mastering the Rubber Guard: Jiu Jitsu for Mixed Martial Arts Competition Positive Thinking: 37 Keys to Maximizing Your Life- Affirmations, Motivation and Achieving Success (Positive Thinking, motivation, affirmations) Brazil: Travel Guide for Men, Travel Brazil Like You Really Want to (Brazil Travel Book, Brazilian Escorts, Body Massages, Brazilian Girls, Rio De Janeiro Travel Guide)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)