



## Be Like Water: Practical Wisdom from the Martial Arts

*Joseph Cardillo*

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In the vein of Bruce Lee's famous "be water, my friend" speech as referenced by Tom Brady comes a guide to harnessing your energy to increase focus and peace.

**"A fascinating and helpful book for everyone trying to make sense of our crazy world." - Joe Hyams, Author of *Zen in the Martial Arts***

Joseph Cardillo, Ph.D and top-selling author, reveals the philosophy behind the martial arts techniques that lead to a creative and fulfilled life in this entertaining and insightful guide. Using the techniques outlined in this book, you will feel more deeply and gain confidence in your ability to take care of yourself.

## Be Like Water: Practical Wisdom from the Martial Arts Details

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Author : Joseph Cardillo

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## **From Reader Review Be Like Water: Practical Wisdom from the Martial Arts for online ebook**

### **Sarah says**

Read this book in college while studying martial arts. Very helpful.

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### **SURYA says**

It is my favourite PHILOSOPHER BRUCE LEE who said it first- 'Be like water'.

This book can become very interesting and refreshing for those who are quite novice in the field of philosophy behind all martial arts---Balance, harmony, flexibility, adaptability, agility, swiftness, peace---OK.

Not a great or deep book, yet a good one.

If you have interest in philosophy of martial art or its application to various aspects of one's life you may read this book. Quite light. And it can spread quite light-internally too.

You may skip it, soon after reading its superb title, in case you have already read many books on ways of martial art, meditation, tao, balance et cetera.

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### **Michael Sypes says**

So-so. Focused, short essays and associated meditations/exercises directed at specific areas of self-improvement. I found the author's personal examples self-aggrandizing more than helpful, but they were in keeping with whatever he happened to be talking about at the moment. I recommend reading a chapter or two in short burst and practicing the exercises for a while before trying another to get the most of the book.

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### **Michael Baggetta says**

I read this book back in 1984 when I was a young Stock Broker and Entrepreneur! A good book to read for anyone going into business or just wants to learn how to negotiate a better deal or price for anything!

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### **Seaweed says**

Some useful and interesting ideas here, worth a read.

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### **Jennifer Collins says**

I stumbled onto this book while doing some research, and picked it up primarily out of curiosity. Once I began reading it, though, I was so taken in by Cardillo's style, and curiosity, that I couldn't help but continue.

In each short chapter, Cardillo takes on one core principle of the martial arts, explaining how it relates to the art, how he experienced it in his own training, and how it can relate to the average person's daily experiences and aid them in their own personal/professional development. At the end of each chapter, he finishes with explaining an exercise (usually meditation related) to help the reader get a more sincere feel for the principle, and then concludes with a short list of resolutions for moving forward with the principle as a tool for moving forward in life.

In many ways, I think this book could be classified either as philosophy or as self-help. I can't say that I gained something from every chapter, but I did gain enough from the reading that I wouldn't hesitate to recommend this book. At the very least, it gave me some more tools for mediating conflicts around me and for dealing with colleagues who I tend to have trouble understanding or relating to (few as they are, they are a distraction, for most everyone I'm guessing). On the whole, I do think I benefitted from reading it. And, while I'm not generally an anxious person...I think I will return to this work the next time I'm feeling intimidated or anxious about a decision or relationship.

Last, I'll note that I'm generally skeptical of the idea of meditating--I'm not good at sitting still, and always thought of meditating as something that would require significant chunks of time. Cardillo's approach and exercises, though, felt both approachable and worthwhile, which really surprised me.

I can't say how this would compare to similar books, but I'm glad to have stumbled across it. Recommended.

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### **Mark Cerasaro says**

Mandatory reading for professor Cardillo's creative writing course, this was nonetheless a decent read.

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### **Carolyn says**

Filled with ways to center and relax, this book is for the Martial Artist and non Martial Artist alike. Using examples from his own training and experiences, Cardillo is easily able to lay things out simply and make it easy for the reader to understand. The ultimate goal in being like water is to be fluid and free, unable to be contained and always flowing. Basically, relax, take a deep breath and enjoy in the beauty of the world and your life, which is something I can totally get behind.

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### **Jay says**

Kind of a basic book on the spiritual aspects of martial arts. Much of the content was superficial and not much depth. Touch on various subject matters within martial arts for a few pages and then provides an example from his own personnel life. Felt the examples while probably real were modified to try and fit into

the content of the subject. For someone who is new to martial arts this would probably be a helpful introduction to the spiritual side of it.

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