



## Beyond the Karate Dojo

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# Beyond the Karate Dojo

*Maria Holvoe Gouras*

## **Beyond the Karate Dojo** Maria Holvoe Gouras

At the heart of our life's journey, we all seek happiness. Believing happiness to be outside of ourselves, we spend much of our time rushing through life, trying to find happiness in others, in our work, our acquisitions, our recreation. And inevitably, we come up short. The truth is that happiness is a mindset, a mental strength that can be acquired through practice and repetition. This book is based on the teachings of Master James Chillemi, who demonstrates that through practice and repetition of martial arts skills, we can cultivate the mindset necessary for true happiness. Martial arts training is practice for life."

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