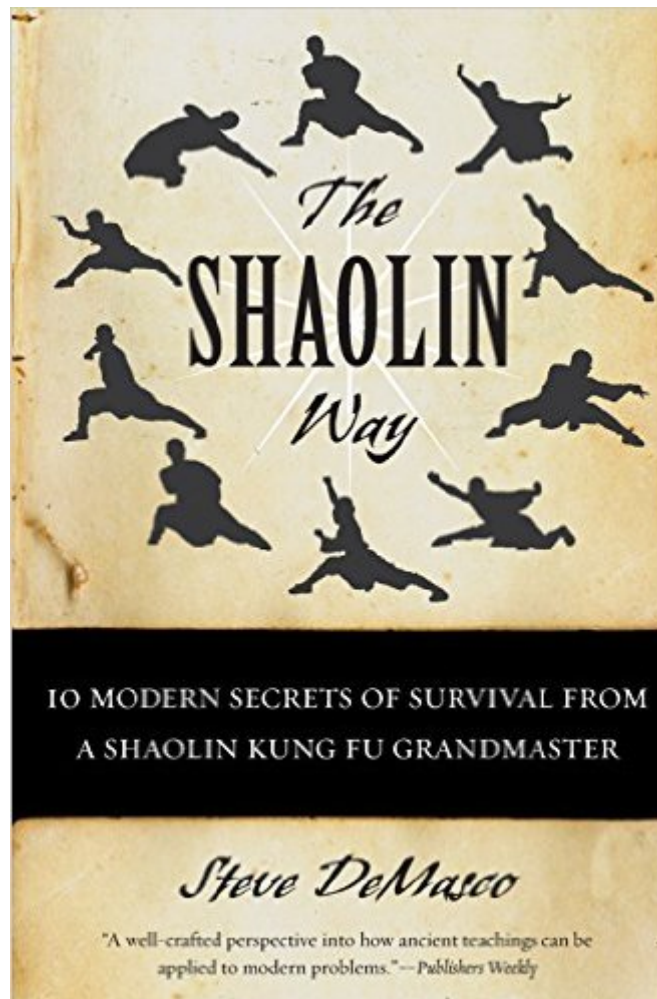


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The Shaolin Way: 10 Modern Secrets Of Survival From A Shaolin Kung Fu Grandmaster



Synopsis

Born in the projects of Spanish Harlem to a disabled mother and an abusive father, Steve DeMasco spent most of his childhood lost and angry. Drifting from one job to another, he stalked the streets as a troubled youth, barely surviving while all of his peers were either dead or in jail, until he found himself on the steps of the Shaolin Temple. Originating more than 1,500 years ago in ancient China, the Shaolin monks were simple farmers and worshippers of Buddhism who learned to protect themselves from the constant danger of bandits and overlords with a kind of "meditation in motion," a nonlethal form of self-defense that didn't violate their vows of peace. As their legend grew, they became known as the Shaolin Fighting Monks, revered across the land for their spiritual dedication, enlightened message, and amazing fighting skills. DeMasco entered the Shaolin Temple to battle the demons of his past. But he got more than he bargained for. Besides learning how to wield weapons and take on multiple attackers at once, he discovered an ancient philosophy that helped melt away preconceived notions of the world, and gave him a powerful platform on which to live and grow. In *The Shaolin Way*, he adapts these teachings for the modern world, singling out ten secrets of survival that can help anyone live a more fulfilled life.

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Customer Reviews

As a child of family therapists and ordained ministers I could understand a lot of the illustrations Steve DeMasco uses in this book. It is one of the first books I have found that continuously tells the reader that you are the solution to your problems no matter what your circumstances and illustrates

effectively ways to either create a new cycle or help someone delve deeper into themselves. Well balanced in the use of Shaolin principles while still maintaining the religious identity of the reader. (Steve DeMasco is Catholic & a Grand Master.) Easy/light reading with heavy overtones. I believe everyone will find something pertinent to how they live their lives in this book.

I liked the unique approach this author took. I've read a lot about eastern philosophy, and it's exciting to see someone apply it to western life. It's impossible to live exactly like a monk in America, but that doesn't mean all their teachings should be abandoned. This book helped me maintain some inner peace while inspiring my mind for my constant self-reconstruction.

If you're looking for a book about how to do kung fu, this is not it. If you're looking for a book about the kung fu-influenced life philosophy of a very American kung fu master- who started out with everything against him- this is it. DeMasco has a lot of good suggestions for strategies to deal with the difficulties of life; although we can read self-help books, it's nice to read a book that also talks about personal applications of techniques that truly make life better. DeMasco provides some good insights into how the style of American life can make things much more difficult- for example, everyone expecting themselves to be perfect. The book is written in an easy conversational style, and I started reading it in the bookstore and then bought it, knowing I'd enjoy it and read it multiple times. I'm pleased to have made this book part of my personal library.

Although, the writer is obviously not a professional writer and his martial arts credentials, although respectable enough, are open to question, there is a lot of very good insight into personal responsibility and accountability. Not enough people in this world hold themselves accountable for their own happiness. Steve Demasco manages to encourage without being overly pretentious.

It never ceases to amaze me that people fall for this kind of stuff. A "tenth-degree black belt in Shaolin kung fu"? Since when did the Shaolin monks start handing out black belts? Since when did they start wearing karate gi's? And what's so difficult about entering the Shaolin Temple Museum? You just pay your entrance fee and you can get in along with the other million plus annual visitors. And if you give the government installed "abbott" a nice check, you can get a nice certificate from him and he will even display your school plaque in the museum courtyard. Then you can tell your students that you are the "official (put the name of your country here) representative of the Shaolin Temple". Fact is, there haven't been any real martial monks at the museum for decades.

This is a great book. I laughed and I cried. It inspires you to look inside and find who you are.

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