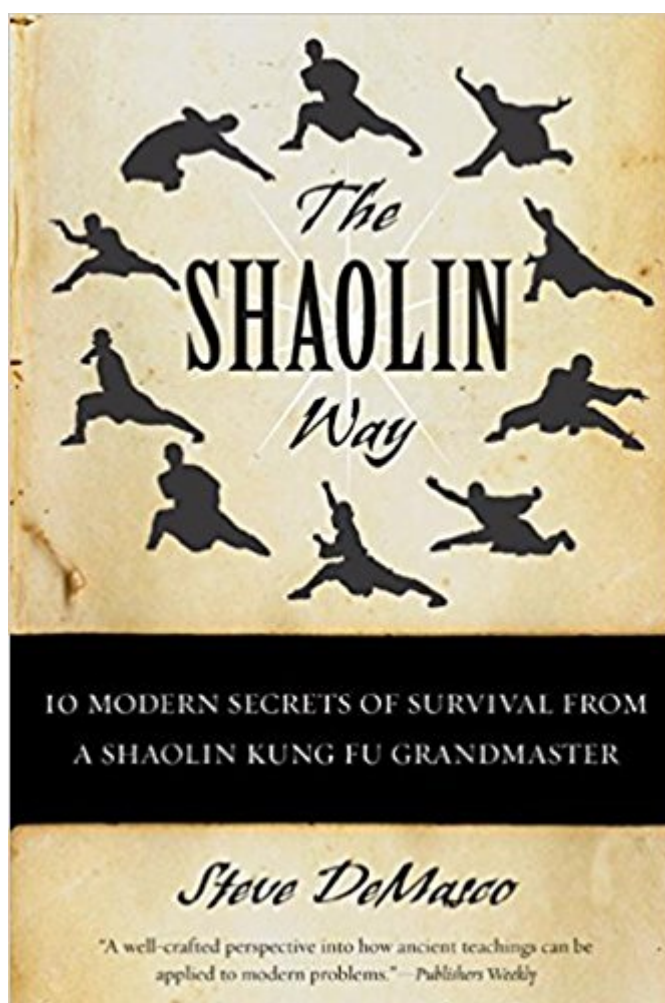


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The Shaolin Way: 10 Modern Secrets Of Survival From A Shaolin Kung Fu Grandmaster



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.

Book Information

Paperback: 272 pages

Publisher: William Morrow Paperbacks; Reprint edition (August 1, 2006)

Language: English

ISBN-10: 0060574577

ISBN-13: 978-0060574574

Product Dimensions: 5.3 x 0.6 x 8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 3.4 out of 5 stars 13 customer reviews

Best Sellers Rank: #547,801 in Books (See Top 100 in Books) #78 in [Books > Biographies & Memoirs > Sports & Outdoors > Boxing, Wrestling & MMA > Martial Arts](#) #504 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy](#) #666 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Spirituality](#)

Customer Reviews

A child of poverty and abuse in New York's Spanish Harlem, DeMasco had every opportunity to become just another inner-city statistic. In time, though, his inward strength and survival instinct led to a dedicated study of martial arts; eventually he became a Shaolin kung fu grand master. In this

entertaining and often moving book – a blend of ancient parables, memoir and instruction guide – DeMasco takes an often gritty and unapologetic look at the difficulties of growing up in modern society and offers lessons from his own life and the wisdom of the Shaolin monks, who seek "a balance between aggression and peace." In chapters such as "Victims Aren't Born, They're Bred" and "Anger Is Wasted Energy," he explains yin and yang as the balance of weakness and strength, and tells how monks learn to control their anger rather than let it control them. Tackling issues like living a fulfilling life, focusing to achieve maximum results, avoiding negative emotions and developing self-reliance, DeMasco (with People correspondent Joseph) provides a well-crafted perspective into how ancient teachings can be applied to modern problems. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Steve DeMasco is a tenth-degree black belt in Shaolin kung fu who has dedicated his life to helping prisoners, teenagers, abused women, and many others who have lost their way. He currently lectures around the world on behavior modification and reducing school violence. He lives in New Hampshire with his wife and three sons. Alli Joseph, a writer, producer and television host, has reported and produced for a variety of television outlets including USA Network, CBS News, VH1 and TNT. She's contributed to numerous magazines and newspapers, including Premiere, Maxim, People, the New York Daily News, Miami Herald and New York Post. She is a native New Yorker.

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.

I'm up to page 10 so far. I'm hoping there will be some transformative knowledge to come.

I don't specially like the way it is written, but the story of Steve Demasco is really moving and his

ideals and the way he has transformed his reality into a dream can really help when you need it. The book has not so much of Shaolin as it has of personal transformation and life improvement.

Shaolin is a Buddhist sect, yet Steve DeMasco barely mentions the word, so how can this be a book about the Shaolin way? Steve gives more time to the fighting forms than he does to the religious practice, yet still, even this is relegated as a small afterthought to the back of the book in a very short appendix. Anyone can call themselves Shaolin, but that will not make them one. There is no Shaolin in this book and I doubt that Steve belongs to any actual Shaolin. So what is this book really all about? Steve DeMasco. He should have called it The Autobiography of Steve DeMasco. There are millions of self-help books with lots of wise advice. Those kind of books are a dime a dozen. Anyone can give wonderful advice, but advice means nothing by itself. So if you tell a chronic smoker to stop smoking by using a patch, what good have you done? If you tell an obese person that Atkin's diet works, what good have you done? If you tell a sad person to learn to enjoy suffering and you will never be unhappy, what good have you done? If you tell a victim of abuse to forget about him/her, they are no good for you, what good have you done? They all know that what they are doing is harmful and they all know what it takes to loose weight or quit smoking or find happiness or avoid danger but extremely few know what it takes to find the discipline or motivation to do something about it and stay with it to the end. How many books tell you how to do that? There are an extreme few, but the Shaolin Way is not one of those exceptions. Steve gives lots of cute sayings and wise words, and there is nothing wrong with that, but anyone can do that. The Shaolin have a system to teach self-discipline and inner peace, yet Steve never even hints at how you can find these same things for yourself, or how the Shaolin do teach those kind of things, or how tell when you have those things instead of something false. There must be something special about Buddhism if it can teach you those things -- but what is it? Steve does not say. Steve glorifies some wise sayings (i.e. -- "no one wants to be an a-hole") and while this offers some insight into understanding other humans, what good is understanding other humans when what you really need to understand is how to accept or tolerate them? What good has Steve done by telling us all this? None. It is just words on a piece of paper.

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allow this to transfer. Every time I try to transfer this file to my PDA I get this statement, "This document has not been encrypted using standard security handler and therefore could not be opened." I contacted Adobe Customer Service, which only had the response that the author may have instituted some type of security setting. All that Amazon.com customer service said was that they were sorry to hear I experienced difficulty with Adobe Reader that it sounded as if the problem is with Adobe, and to (quote/unquote) "Please note that .com does not manufacture this software and the amount of technical support we can provide is limited." ALL IN ALL, DO NOT BUY THIS BOOK IN DIGITAL FORMAT IF YOU WISH TO READ IT AWAY FROM YOUR DESKTOP.

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.

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