



## Bruce Lee Striking Thoughts: Bruce Lee's Wisdom for Daily Living (Bruce Lee Library)

By Bruce Lee, John Little

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**Bruce Lee Striking Thoughts: Bruce Lee's Wisdom for Daily Living (Bruce Lee Library)** By Bruce Lee, John Little

**"A teacher is never a giver of truth—he is a guide, a pointer to the truth that each student must find for himself. A good teacher is merely a catalyst."—Bruce Lee**

Within the pages of *Striking Thoughts*, you will find the secrets of Bruce Lee's amazing success— as an actor, martial artist, and inspiration to the world. Consisting of eight sections, *Striking Thoughts* covers 72 topics and 825 aphorisms—from spirituality to personal liberation and from family life to filmmaking—all of which Bruce lived by.

His ideas helped energize his life and career, and made it possible for him to live a happy and assured life, overcoming difficult obstacles with seeming ease. His ideas also inspired his family, friends, students, and colleagues to achieve success in their own lives and this personal collection will help you in your journey too.

Sections include:

- **On First Principles**—including life, existence, time, and death
- **On Being Human**—including the mind, happiness, fear, and dreams
- **On Matters of Existence**—health, love, marriage, raising children, ethics, racism, and adversity
- **On Achievement**—work, goals, faith, success, money, and fame
- **On Art and Artists**—art, filmmaking, and acting
- **On Personal Liberation**—conditioning, Zen Buddhism, meditation, and freedom
- **On the Process of Becoming**—self-actualization, self-help, self-expression, and growth
- **On Ultimate (Final) Principles**—Yin-yang, totality, Tao, and the truth

**This Bruce Lee Book is part of the Bruce Lee Library which also features:**

- Bruce Lee: The Celebrated Life of the Golden Dragon
- Bruce Lee: The Tao of Gung Fu
- Bruce Lee: Artist of Life

- Bruce Lee: Letters of the Dragon
- Bruce Lee: The Art of Expressing the Human Body
- Bruce Lee: Jeet Kune Do

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### Editorial Review

#### Review

"...Bruce Lee books are now also available in ebook format...That's great, it's nice if you're traveling to take everything with you in one little small container so-to-speak." —**Martial Thoughts Podcast**

"Since he himself would not wholly accept any particular style of martial art or philosophy, Bruce encouraged his students not to accept, without question, his teachings. His main message was to keep one's mind, attitude, and senses pliable and receptive, and, at the same time, develop the ability to think correctly. This process of inquiry, debate, and practice would lead not only to knowledge of one's physical strengths and weaknesses but also to the discovery of basic truths that allow one to grow toward a state of harmonious unity of spirit, mind, and body." —**Linda Lee Cadwell, from her preface**

"He was a teacher first of all. He taught philosophy and tried to spread knowledge and wisdom...The integrity with which Bruce Lee lived his life and tried to uphold what he believed to be right—that is a clear example of how it ought to be done. No matter what it is you're doing, do it with total honesty and total dedication. He definitely influenced me." —**Kareem Abdul-Jabbar**

"I thought Bruce was a brilliant, fine philosopher about everyday living. He was very much into finding out who he was. His comment to people was 'Know yourself.' The good head that he acquired was through his knowing himself. He and I used to have great long discussions about that. No matter what you do in life, if you don't know yourself, you're never going to be able to appreciate anything in life. That, I think, is today's mark of a good human being—to know yourself." —**Steve McQueen**

"Bruce's philosophy seemed always to be going back to the Zen origins, where contradictory advice states the simplest of truths. Bruce's lessons were lessons without being lessons; he was not a teacher, yet he was the greatest teacher I've ever known." —**Stirling Silliphant**

"For every question you asked him he would never have to think about it, he would just blurt it right out. Bruce would cover every point with a little saying. If he would see that you were having trouble with something, he would always know just what to tell you. It would seem like he was always dusting off your 'bogie man.' Like if there was something that you were scared of, Bruce would notice and then say 'Ah, scared of that, well look at it this way.' He would change your whole idea about it. Bruce had sayings for everything." —**Bob Bremer, student of Bruce Lee**

"We'd work out for an hour, then we'd talk for an hour about a lot of things. He didn't separate life from the extension in his arm. And he is the only one I know of that carried it to the point of real art." —**James Coburn**

"In the collection of his writings '*Striking Thoughts: Bruce Lee's Wisdom for Daily Living*,' Lee explains that there is a difference between the fulfillment of one's desires and the fulfillment of how one desires to appear to the world..." —**Business Insider**

#### About the Author

**John Little** is considered to be one of the world's foremost authorities on Bruce Lee. He's the only person who has ever been authorized to review the entirety of Lee's personal notes, sketches and reading

annotations, giving him an insider's look at Lee's training methods and philosophies. He's shared this information with Lee's fans in his books published by Tuttle Publishing, including: *Bruce Lee: Artist of Life*; *Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way*; *Letters of the Dragon*; *The Tao of Gung Fu: A Study in the Way of Chinese Martial Art*; *Bruce Lee: The Art of Expressing the Human Body* and *Bruce Lee: The Celebrated Life of the Golden Dragon*.

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#### The Mind

*An intelligent mind is constantly learning. -*

An intelligent mind is one which is constantly learning, never concluding - styles and patterns have come to conclusion, therefore they [have] ceased to be intelligent.

*An intelligent mind is an inquiring mind -*

An intelligent mind is an INQUIRING mind. It is not satisfied with explanations, with conclusions; nor is it a mind that believes, because belief is again another form of conclusion.

*The qualities of mind -*

To be one thing and not to change is the climax of STILLNESS. To have nothing in one that resists is the climax of EMPTINESS. To remain detached from all outside things is the climax of FINENESS. To have in oneself no contraries is the climax of PURITY.

*You are the commander of your mind -*

I've always been buffeted by circumstances because I thought of myself as a human being [affected by] outside conditioning. Now I realize that I am the power that commands the feeling of my mind and from which circumstances grow.

*To free the mind -*

In order that the mind may function naturally and harmoniously it must be freed from all attachment to oppositional notions. The mind should be freed from the influence of the external world. To let the mind take its course unhindered among phenomena. Not the cultivated innocence of a clever mind that wants to be innocent, but that state of innocence in which there is no denial or acceptance, and in which the mind just sees what is.

## Users Review

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#### Beatrice Raybon:

Reading a reserve tends to be new life style on this era globalization. With examining you can get a lot of information which will give you benefit in your life. Together with book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. A lot of author can inspire all their reader with their story or maybe their experience. Not only the storyline that share in the textbooks. But also they write about advantage about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that exist now. The authors on this planet always try to improve their expertise in writing, they also doing some investigation before they write to the book. One of them is this Bruce Lee Striking Thoughts: Bruce Lee's Wisdom for Daily Living (Bruce Lee Library).

**Frank Quintana:**

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