



# The Tao of MMA A Martial Artist's Philosophy on Life

*Joseph David Clark*

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**The Tao of MMA A Martial Artist's Philosophy on Life** Joseph David Clark

This book offers you the opportunity to experience wisdom which is as equally poignant in life as it is in the dojo, the gym, the ring, the cage, or the octagon. This is a book about the way of the warrior, the way of the mixed martial artist and how the way relates to all aspects of the warrior's life and intent. Life is hectic and at times stressful. It requires constant organization and self-discipline. The many principles that apply to Martial Arts fit into a framework for how we approach life, problem solve, persist in life, and overcome the challenges and hardships of living.

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