



# Modern Bushido: Living a Life of Excellence

By Bohdi Sanders

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## Modern Bushido: Living a Life of Excellence By Bohdi Sanders

*Modern Bushido: Living a Life of Excellence* has been honored with **two first place national book awards**, has spent **77 weeks in the TOP 10** on the Amazon.com Best Sellers List, and is a **#1 bestseller on Amazon.com**. Modern Bushido has also been honored by the USA Martial Arts Hall of Fame for its contributions to the world of martial arts.

*Modern Bushido* is all about living a life of excellence. In this enlightening prose, Dr. Bohdi Sanders covers 30 essential traits that will change your life. *Modern Bushido* expands on the standards and principles needed to live a life of excellence and applies these traits directly to life in today's world.

Readers will be motivated and inspired by the straightforward lessons and wisdom in this exceptionally unique book. If you want to live a life of excellence, this book is for you. This is a guidebook to living life to the fullest, with the character that defines the true human being. The advice discussed in *Modern Bushido* is sure to benefit your life in a positive way and lead you to a deeper understanding of what it means to live a successful life of honor and integrity.

In *Modern Bushido*, you will learn:

- \* How to live a life of character
- \* How your thoughts affect your life
- \* What it means to be a true friend
- \* The true meaning of honor
- \* The benefits of meditation
- \* What true respect means
- \* Your ultimate responsibility in life
- \* How to balance your life
- \* How to be at peace the death
- \* What true courage is
- \* And much, much more...

*Modern Bushido* is a must read for every martial artist and anyone who seeks to live life as it was meant to be lived - with honor, character and integrity.

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## **Modern Bushido: Living a Life of Excellence** By Bohdi Sanders Bibliography

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- 248 pages

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## Editorial Review

### Review

This author's approach is both unique and refreshing. In fact, if you love reading how to improve yourself... this may become your favorite volume in your personal library. It is one of the best books I have read on the philosophical principles of "living the way of the warrior."

Joseph J. Truncale

Bohdi Sanders, without doubt, has it going on. He speaks with a voice that is filled with true knowledge and his prose is better than average. Mr. Sanders teaches the required principles for anyone seeking higher enlightenment into the true way of the warrior. I highly recommend this work...

Hanshi Stephen Kaufman

Bohdi Sanders books provide the missing elements in so many martial arts schools. In this fine book, and in all of his other books on warrior wisdom, Bohdi guides you on an easy-to-follow path to cultivate a better you. You will learn how to create a life of excellence, honor, peace, respect, courage, and much more.

Loren W. Christensen

Dr. Sanders nailed it with every single chapter. I cannot recommend the book highly enough. In fact, I personally think it should be adopted by all public schools and be the base of a devoted character education curriculum. After all, if more people strove to incorporate the traits of excellence, then perhaps those people wouldn't be so few and far between anymore.

D. John Kinman

This work is a classic in its own right! But then all of Dr. Sanders books are superb. There are many books that talk about what being a warrior is - but here Dr. Sanders gives us the very essence of warriorhood; character, honor, integrity, pride. This is a must read - buy it, read it, keep it.

Ruben M. Aguirre

### From the Back Cover

*Modern Bushido* is all about living a life of excellence. This enlightening book covers 30 essential traits that will change your life. In *Modern Bushido* you will learn:

- |  |                                |
|--|--------------------------------|
| * How live a life of character         | * What true courage is         |
| * How your thoughts affect your life   | * The true meaning of honor    |
| * What it means to be a true friend    | * The benefits of meditation   |
| * Why discipline is vital in your life | * Why sincerity is important   |
| * How to live a life of excellence     | * What true respect means      |
| * What self-defense truly means        | * Your ultimate responsibility |
| * How to be at peace with death        | * How to balance your life     |
| * Why you should be courteous          | * And much, much more..        |

.  
*Modern Bushido* provides you with a complete overview of the essential traits which build a life of excellence. It provides you with a multitude of life-changing analogies, quotes, life lessons, guidance, and soul-searching questions of value and ethics.

You will be motivated and inspired by the straightforward lessons of wisdom and honor in this book. If you want to live a life of excellence, this book is for you!

A MUST READ for all martial artists and anyone who strives to live a life of honor and integrity!

#### About the Author

Dr. Bohdi Sanders is a prolific writer, with seven published books and published countless articles. He has won multiple awards for his writing and six of his books have cracked the top 10 on Amazon.com's Best Sellers List. His latest book, *Modern Bushido*, hit #1 on Amazon.com's Best Sellers List, and won three national book awards in 2013.

Dr. Sanders holds a black belt in Shotokan Karate, a doctorate in Natural Health, and a doctorate in Naturopathy. He has been training in martial arts for over 30 years and is a columnist for Taekwondo Times magazine. He is also a certified martial arts conditioning specialist, a certified personal trainer, and is a certified master of acupressure and energy work. His books focus on living life to the fullest through living a life of honor, character and integrity, as well as self-defense and wisdom of the world.

His books include:

- \* *Warrior Wisdom: Ageless Wisdom for the Modern Warrior*
- \* *WARRIOR: The Way of Warriorhood*
- \* *The Warrior Lifestyle: Making Your Life Extraordinary*
- \* *Defensive Living: The Other Side of Self-Defense*
- \* *Secrets of the Soul: The guide to Uncovering Your Hidden Beliefs*
- \* *Wisdom of the Elders: The Ultimate Quote Book for Life*
- \* *Modern Bushido: Living a Life of Excellence*

Dr. Sanders' books have received high praise and have won several national awards, including:

- \* The Indie Excellence Book Awards: 1st Place Winner 2010
- \* USA Book News Best Books of 2010: 1st Place Winner 2010
- \* IIMAA: Best Martial Arts Book of the Year 2011
- \* USA Martial Arts HOF: Literary Man of the Year 2011
- \* U. S. Martial Artist Association: Inspiration of the Year 2011
- \* U. S. Martial Arts Hall of Fame: Author of the Year 2011
- \* USA Martial Arts Hall of Fame: Warrior of the Year award 2013
- \* The Indie Excellence Book Awards: 1st Place Winner 2013
- \* USA Book News Best Books of 2013: 1st Place Winner 2013

## Users Review

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#### James Rogers:

Information is provisions for anyone to get better life, information currently can get by anyone from everywhere. The information can be a information or any news even a huge concern. What people must be

consider any time those information which is in the former life are difficult to be find than now is taking seriously which one is appropriate to believe or which one typically the resource are convinced. If you receive the unstable resource then you have it as your main information we will see huge disadvantage for you. All of those possibilities will not happen in you if you take Modern Bushido: Living a Life of Excellence as the daily resource information.

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#### **Allen Grimm:**

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