

**BE LIKE WATER: PRACTICAL WISDOM FROM THE
MARTIAL ARTS**

Lianne Julio

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Be Like Water: Practical Wisdom from the Martial Arts by Joseph Cardillo

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Be Like Water: Practical Wisdom From The Martial Arts | Dr. Joseph Cardillo

In the vein of Bruce Lee's famous "be water, my friend" speech as referenced by Tom Brady comes a guide to harnessing your energy to.

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Joseph Cardillo holds a black belt in Kenpo karate, and is a longtime practitioner of Kali, Wing Chun Kung Fu, Tai Chi Chuan, and Dumog.

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