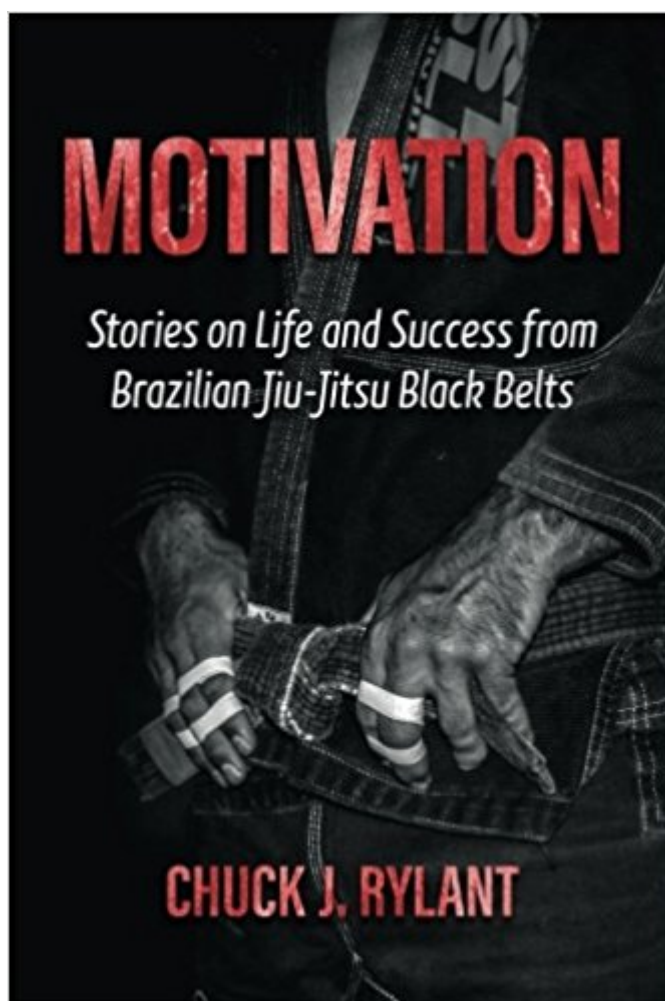




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# Motivation: Stories On Life And Success From Brazilian Jiu-Jitsu Black Belts



## Synopsis

This is a collection of intimate and sometimes shocking conversations about motivation with twelve Brazilian Jiu-Jitsu black belts. The end result is twelve fascinating and unexpected stories about overcoming adversity and achieving success in life and Jiu-Jitsu. Jiu-Jitsu has often been used as a metaphor of life, but you can replace Jiu-Jitsu with any sport, business or ambitious pursuit - the lessons are universal. What drives ambitious people is often shaped by our subconscious mind. We are not always aware of the influences driving our behavior, but you will discover underlying themes which reveal answers to the following questions: What drives highly successful people? Are they born ambitious or is it learned? What is common among extremely motivated people? What lessons have they learned during their journey? Were the sacrifices worth the rewards?

## Book Information

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## Customer Reviews

Great book. I followed Chuck's blog articles as he developed the book. Those are great and the book version improved the readability and clarity of the stories. The book uses Jiu Jitsu as a platform to show great examples of what drives people to become great at what they do. As a BJJ instructor and practitioner I have seen Jiu Jitsu change many peoples lives for the better. This book offers a great insight to the power of Jiu Jitsu.

Great, enjoyable read. Read it in few hours and only put it down for dinner. The author very nicely pulls together a string of interviews from a diverse group of people with one thing in common, they

live a Jiu-Jitsu lifestyle which has made them healthy and happy. You can put me down as one of the saved as well. Happy training! - Michael R. Simpson, NOLA BJJ Black Belt, and author of Bruises (I do not know the author, this review was unsolicited and I purchased the book).

I get excited whenever I see a book on BJJ and this one did not disappoint. It was full of great stories of motivation. It is one I can pick up and read again at any time whenever I am doubting myself.

Great book! I'm a father of 5 and work a stressful job. It's hard to get motivation to train sometimes. This book was inspirational and motivational.

I loved this book. Every story was inspiring. I love to read about people overcoming personal struggles. It makes you a stronger person. I look forward to more great books from this author. Thanks Chuck.

Good book! It's a fascinating window into the lives of some impressive people. The parallels between them is very interesting.

Thoroughly enjoyed this book. Entertaining, motivating, and an easy read. Would be a great gift for any grappler or combat sport enthusiast.

Good stories of struggles with a purpose. Everyone has their own journey, you just have to find your, positive and informative.

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