



The Secret of Inner Strength: My Story

By Chuck Norris, Joe Hyams

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Dust jacket notes: "From world-champion athlete to world-famous movie star, Chuck Norris has had one strategy for success. It is The Secret of Inner Strength, which he reveals in his amazing life story. As Chuck recalls his poor, troubled Oklahoma childhood, 'I was the shy kid who never excelled at anything, and I was never a natural athlete.' But when he became a student of karate during his Air Force service in Korea, Chuck reached a major turning point. The martial arts, he learned, built mental as well as physical fitness. Although he failed his first black-belt test, he continued to work at it and he learned a valuable lesson: 'The fact that for the first time in my life I had stuck with something and not given up led to confidence. And confidence is a stage of inner strength.' When Chuck returned to the States, he had earned his black belt, and he went on to win six consecutive world karate championships. In The Secret of Inner Strength, he vividly recounts those exciting international tournaments and details the training techniques and winning strategies that enabled him to become and remain a champion. Utilizing the same positive force he had brought to the martial-arts arena, Chuck then launched a dynamic acting career that has made him Hollywood's number-one action-adventure hero. He takes us behind the scenes of his films, with revealing accounts of his movie-making experiences, beginning with his first supporting role in Bruce Lee's Return of the Dragon and including his starring in such box-office hits as Code of Silence, Lone Wolf McQuade, The Delta Force, Invasion USA - and his three blockbuster Missing in Action films...."

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Editorial Review

From Publishers Weekly

Karate champion and movie star Norris discusses his secrets of inner strength with the aid of show-biz biographer Hyams (Humphrey Bogart, Judy Garland et al.). Norris's formula consists primarily of positive thinking and visualizing in advance what will take place next, with added bits of advice on more specific subjects like dealing with failure and advancing beyond conceived limitations. The tone is didactic, and readers will find that the recommendations have the flavor of copy-book maxims. Further, the recapping of the plots of many of the star's films becomes tedious. Teenagers, however, may be taken with Norris's stated goal of offering a positive role model. Photos not seen by PW.

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From Library Journal

Karate champion turned movie star Norris has written his autobiography and includes in it his advice for thinking positively. From humble origins and in spite of considerable family problems, Norris rose to be a karate champion. Although admittedly not naturally athletic, his preparation and mental attitude carried him to the top of karate, somewhat before its popularity boomed. When he turned to acting, he applied himself diligently, and many of his films have been box-office hits. At the end of each chapter he has one or more sentences on his personal philosophy. Appended are his ethics code, his karate tournament achievements, and a filmography. Recommended. David L. Mills, Brooklyn P.L., New York

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Users Review

From reader reviews:

Sandra Yunker:

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Jennifer Wetzel:

As people who live in often the modest era should be revise about what going on or info even knowledge to make these keep up with the era and that is always change and move ahead. Some of you maybe can update themselves by looking at books. It is a good choice to suit your needs but the problems coming to anyone is you don't know which you should start with. This The Secret of Inner Strength: My Story is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

Pearl Moore:

The reason? Because this The Secret of Inner Strength: My Story is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will shock you with the secret it inside. Reading this book next to it was fantastic author who else write the book in such wonderful way makes the content inside easier to understand, entertaining means but still convey the meaning completely. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of advantages than the other book have got such as help improving your talent and your critical thinking means. So , still want to hesitate having that book? If I ended up you I will go to the publication store hurriedly.

Willie Dominguez:

The book untitled The Secret of Inner Strength: My Story contain a lot of information on this. The writer explains her idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read the idea. The book was published by famous author. The author will bring you in the new time of literary works. It is possible to read this book because you can please read on your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can available their official web-site as well as order it. Have a nice examine.

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