



# Mind Fist: The Asian Art Of The Ninja Masters

*Dr. Haha Lung*

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## **Mind Fist: The Asian Art Of The Ninja Masters** Dr. Haha Lung

Inside every human being is a "sleeping tiger"--a raw, untapped power that once harnessed, can repel aggressors of any kind. . .

In this masterful book, Dr. Haha Lung draws on the psychological origins of ancient Chinese philosophies, explores the fist fighting traditions of Chinese Kung-fu from its birth in ancient India and introduces the extraordinary concept of the Mind Fist--the mental punch you never see coming!

Ranging from nonviolent counterattacks to multiple devastating martial arts techniques, this book includes:

- Mental and physical exercises to strengthen the mind and body
- Secrets of moshuh-nanren, the Chinese ninja!
- Understanding the ways of bullies and aggressors
- How to prevent violence using Zhenkin, the Art of Control
- Three kinds of force with which you can win physical battle
- How fear can be turned into focus
- "Ghost" strikes and takedowns

*Mind Fist* brilliantly unlocks an ancient skill of true, permanent self-defense--for any aspect of your life!

For academic study only

**Dr. Haha Lung** is the author of more than a dozen books on martial arts, including *Assassin!*, *Mind Manipulation*, *Ninja Shadowhand*, *Knights of Darkness*, *Mind Control: The Ancient Art of Psychological Warfare*, and *The Lost Fighting Arts of Vietnam*.

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