

Bruce Lee A Life

Stepladder to Hindsight is about a fascinating man who has reached a turning point in his life and looks back. In this work, renowned academic and life-writer Richard Freadman turns the pen on himself, producing an immensely compelling narrative of his life. Elegant and richly self-aware, Stepladder to Hindsight gives us unbridled access to a complex life and a unique mind. Within these pages you will find humour and tragedy, peppered with astute literary commentary and philosophical musings. This 'almost memoir' is fiercely intelligent and so addictively personal that it is hard to put down. "...an eloquent book, a unique combination of compelling storytelling, searching reflection, with an extraordinary range of mood and style - an original take on the art of life writing." - Arnold Zable

Bruce Lee's daughter illuminates her father's most powerful life philosophies—demonstrating how martial arts are a perfect metaphor for personal growth, and how we can practice those teachings every day. "Empty your mind; be formless, shapeless like water." Bruce Lee is a cultural icon, renowned the world over for his martial arts and film legacy. But Lee was also a deeply philosophical thinker, learning at an early age that martial arts are more than just an exercise in physical discipline—they are an apt metaphor for living a fully realized life. Now, in *Be Water, My Friend*, Lee's daughter Shannon shares the concepts at the core of his philosophies, showing how they can serve as tools of personal growth and self-actualization. Each chapter brings a lesson from Bruce Lee's teachings, expanding on the foundation of his iconic "be water" philosophy. Over the course of the book, we discover how being like water allows us to embody fluidity and naturalness in life, bringing us closer to our essential flowing nature and our ability to be powerful, self-expressed, and free. Through previously untold stories from her father's life and from her own journey in embodying these lessons, Shannon presents these philosophies in tangible, accessible ways. With Bruce Lee's words as a guide, she encourages readers to pursue their essential selves and apply these ideas and practices to their everyday lives—whether in learning new things, overcoming obstacles, or ultimately finding their true path. *Be Water, My Friend* is an inspirational invitation to us all, a gentle call to action to consider our lives with new eyes. It is also a testament to how one man's exploration and determination transcended time and place to ignite our imaginations—and to inspire many around the world to transform their lives. Profiles the martial artist who introduced his fighting style in such movies as "Game of Death" and "Enter the Dragon," and opened the door for the martial arts movie industry and later Asian actors in lead roles.

Neil Young is one of rock and roll's most important, influential and enigmatic figures, an intensely reticent artist who has granted no writer access to his inner sanctum -- until now. In *Shakey*, Jimmy McDonough tells the whole story of Young's incredible life and career: from his childhood in Canada to the founding of folk-rock pioneers Buffalo Springfield; to the bleary conglomeration of Crazy Horse and simultaneous monstrous success of Crosby, Stills, Nash & Young; to the depths of the Tonight's the Night depravity and the strange changes of the Geffen years; and Young's unprecedented nineties "comeback" with *Ragged Glory* and *Harvest Moon*. No detail is spared -- not the sex, drugs, relationships, breakups, births, deaths, nor the variety of chameleon-like transformations that have enabled Young to remain one of the most revered musical forces of our time. *Shakey* (the title refers to one of Young's many aliases) is not only a detailed chronicle of the rock era told through the life of one uncompromising artist, but the compelling human story of a lonely kid for whom music was the only outlet; a driven yet tortured figure who learned to control his epilepsy via "mind over matter"; an oddly passionate model train mogul who -- inspired by his own son's struggle with cerebral palsy -- became a major activist in the quest to help those with the condition. Based on interviews with

hundreds of Young's associates (many speaking freely for the first time), as well as extensive exclusive interviews with Young himself, *Shakey* is a story told through the interwoven voices of McDonough -- biographer, critic, historian, obsessive fan -- and the ever-cantankerous (but slyly funny) Young himself, who puts his biographer through some unforgettable paces while answering the question: Is it better to burn out than to fade away?

Bruce Lee was instrumental in the global popularity of martial arts, and not even death has diminished his fame. This official book shows the whole of his life in pictures, all sourced from the extensive Lee family archives—including many photos Bruce himself took on set, at home, and during martial arts demonstrations. These fan-pleasing images range from classic theatrical poses to the never-before-published. The widow of the late martial arts star traces his life from his childhood in Hong Kong, to his education in the United States, his career as an actor, and his untimely death

'This belting read pulls off the nifty trick of making the kung fu legend's spiritual and combat ideas accessible' Maxim 'Truly gets under the skin of this iconic figure' Film Review In the 1970s Bruce Lee emerged as the world's greatest fighting star - an accolade he has kept ever since. He battled to succeed in America in spite of the racial prejudice that denied him a starring role, eventually making films in Hong Kong that turned him into a star - the highest-paid movie star of his day. His controversial death, at the age of thirty-two when he was at the height of his powers, has given him a James-Dean style enduring appeal. In *Bruce Lee - Fighting Spirit*, Bruce Thomas has written a complete account not only of Lee's life and death, but of the fighting philosophy he developed (jeet kune do) which made him the greatest exponent of martial arts in modern times. In this updated edition he reassesses Lee's skills and examines the enduring impact of his legacy - on action films and martial arts today. As an icon Bruce Lee's popularity continues to grow and this book is a fitting tribute to an extraordinary man whose achievements have never been surpassed. 'An endlessly stimulating account of Lee's life and times' Loaded

Words of the Dragon is an anthology of newspaper and magazine interviews from 1958 to 1973 revealing Bruce Lee's own fascinating words and explanations about Bruce himself, his art and philosophy. Interesting and insightful, *Words of the Dragon* provides the reader a means to understand the real Bruce Lee, offering us a unique keyhole through which to view the private life and personal struggles of the late martial arts superstar. These interviews provide us with Lee's own interpretations of life, the martial arts, international stardom, and his cross-cultural marriage during a time of racism. This Bruce Lee book is part of the Bruce Lee Library which also features: *Bruce Lee's Striking Thoughts* *Bruce Lee's The Tao of Gung Fu* *Bruce Lee Artist of Life* *Bruce Lee Letters of the Dragon* *Bruce Lee The Art of Expressing the Human Body* *Bruce Lee Jeet Kune Do*

A rare, never-before-seen collection of Bruce Lee's private letters and writing! Bruce Lee was an intense man with such sheer concentration of energy that no one who encountered him, on screen or in person, could help but be drawn to him and his enthusiasm for life and knowledge. A voracious and engaged reader, Lee wrote extensively, synthesizing the thought of East and West into a unique personal philosophy of self-discovery. *Bruce Lee: Artist of Life* explores the development and fruition of Bruce Lee's thoughts about gung fu (kung fu), philosophy, psychology, poetry, jeet kune do, acting, and self-knowledge. This volume from Bruce Lee's private notebooks is capped by a selection of Lee's letters that eloquently demonstrate how he incorporated his thought into actions and advice to others. Also included are multiple drafts of select compositions, showing how Lee's ideas evolved and was refined over the years and how the ideas he was reading and writing about were reflected in his work and everyday life. Sections include: *Gung Fu*—reflections on gung fu, psychology in defense and attack, how to choose a martial arts instructor, and Bruce's view on the martial art *Philosophy*—regarding human understanding, Taoism,

Plato, Socrates, and Descartes Psychology—three types of philosophy, the top dog and the underdog, the four basic philosophical approaches, and learning Poetry—'The Dying Sun,' 'Love is a Friendship Caught on Fire,' 'Once More I Hold You in My Arms,' and 'Parting' Jeet Kune Do—The Liberation—toward personal liberation, notes on JKD, true mastery, and an objective evaluation of the combative skill of Bruce Lee, by those who know what it is Acting—what exactly is an actor, the art of acting Self-knowledge—in search of someone real, self-actualization, and the passionate state of mind Letters—'The True Meaning of Life—Peace of Mind,' 'Use Your Own Experience and Imagination,' and 'It's All in the State of Mind' This Bruce Lee Book is part of the Bruce Lee Library which also features: Bruce Lee: Striking Thoughts Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body Bruce Lee: Jeet Kune Do

A behind-the-scenes look at the life of the most extraordinary martial artist of all time—Bruce Lee. Bruce Lee: The Celebrated Life of the Golden Dragon is a photographic catalog of all facets of this fascinating man, from the start of his career to his untimely and tragic death in 1973. This book reveals a quiet family man behind the charismatic public persona. It shows the real Bruce Lee—the man who was so much more than an international film and martial arts celebrity. This brilliant photo essay—compiled and edited by Bruce Lee expert John Little with the assistance of Lee's widow, Linda Lee Cadwell—reveals never-before-published family photos, including rare photos of Bruce's childhood in Hong Kong. Tender moments with his children are caught on camera and action shots from his martial arts films are shown. With a preface by his daughter Shannon Lee and a foreword by wife Linda, the text is drawn directly from Bruce Lee's own diaries and journals. Based on the award-winning Warner Bros. documentary, Bruce Lee: In His Own Words, sections include: Chronology of the Life of Bruce Lee Early Years—why he began studying gung fu (kung fu) and took up wing chun, his first starring role, and his return to the US Hollywood—why he got the part in The Green Hornet, teaching Steve McQueen, James Coburn and Stirling Silliphant, filming Enter the Dragon, The Way of the Dragon, Fist of Fury and more, training and acting with Chuck Norris, Kareem Abdul-Jabbar, Dean Martin and Sharon Tate, and the creation of Jeet Kune Do (JKD) Family—meeting Linda, having children, daily life This Bruce Lee Book is part of Tuttle Publishing's Bruce Lee Library which also features: Bruce Lee's Striking Thoughts Bruce Lee's The Tao of Gung Fu Bruce Lee Artist of Life Bruce Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body Bruce Lee Jeet Kune Do

Part of the critically acclaimed Little People, BIG DREAMS series, discover the life of Bruce Lee, the martial artist and Hollywood film star. Born in San Francisco but raised in Hong Kong, Bruce Lee was the child star of Hong Kong cinema. But, after getting into trouble as a teenager, his father sent him to live in America. Starring roles were hard to come by for Asian-American actors in Hollywood, but Bruce went on to act in blockbuster hits, featuring his skill as a martial artist. This inspiring book features stylish and quirky illustrations and extra facts at the back, including a biographical timeline with historical photos and a detailed profile of the great actor's life. Little People, BIG DREAMS is a best-selling series of books and educational games that explore the lives of outstanding people, from designers and artists to scientists and activists. All of them achieved incredible things, yet each began life as a child with a dream. This empowering series offers inspiring messages to children of all ages, in a range of formats. The board books are told in simple sentences, perfect for reading aloud to babies and toddlers. The hardcover versions present expanded stories for beginning readers. Boxed gift sets allow you to collect a selection of the books by theme. Paper dolls, learning cards, matching games, and other fun learning tools provide even more ways to make the lives of these role models accessible to children. Inspire the next generation of outstanding people who will change the world with Little People, BIG DREAMS! Over eight-hundred entries offer insight into the beliefs and wisdom of Bruce Lee.

"A teacher is never a giver of truth—he is a guide, a pointer to the truth that each student must find for himself. A good teacher is merely a catalyst."—Bruce Lee

Within the pages of *Striking Thoughts*, you will find the secrets of Bruce Lee's amazing success— as an actor, martial artist, and inspiration to the world. Consisting of eight sections, *Striking Thoughts* covers 72 topics and 825 aphorisms—from spirituality to personal liberation and from family life to filmmaking—all of which Bruce lived by. His ideas helped energize his life and career, and made it possible for him to live a happy and assured life, overcoming difficult obstacles with seeming ease. His ideas also inspired his family, friends, students, and colleagues to achieve success in their own lives and this personal collection will help you in your journey too. Sections include: On First Principles—including life, existence, time, and death On Being Human—including the mind, happiness, fear, and dreams On Matters of Existence—health, love, marriage, raising children, ethics, racism, and adversity On Achievement—work, goals, faith, success, money, and fame On Art and Artists—art, filmmaking, and acting On Personal Liberation—conditioning, Zen Buddhism, meditation, and freedom On the Process of Becoming—self-actualization, self-help, self-expression, and growth On Ultimate (Final) Principles—Yin-yang, totality, Tao, and the truth

This Bruce Lee Book is part of the Bruce Lee Library which also features: Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Artist of Life Bruce Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body Bruce Lee: Jeet Kune Do

During his lifetime, legendary martial artist Bruce Lee formulated a complex personal philosophy--a synthesis of Eastern and Western ideals--that extolled the virtues of knowledge and total mastery of one's self. However, most of his philosophical writings could be found only within the personal library of the Bruce Lee estate--until now. *The Warrior Within* is the most comprehensive volume of these teachings, meant to help you apply Lee's philosophies to your own life. This unique guide reveals such life-affirming secrets as: Seeing the totality of life and putting things into perspective Understanding the concept of Yin and Yang Defeating adversity by adapting to circumstances Tapping into inner spiritual forces to help shape the future

With a foreword by Linda Lee Cadwell and photographs and other memorabilia from Bruce Lee's short but celebrated life, *The Warrior Within* is an engrossing and easy-to-understand guide to the little-explored world of Bruce Lee. John Little has been identified as "one of the foremost authorities on Bruce Lee in the world" by *Black Belt* magazine. He edited a three-volume series for the Bruce Lee estate and has written articles for several publications, including *Men's Fitness*, *Official Karate*, and *Inside Kung Fu*.

National Bestseller A sweeping account of America's oldest unsolved mystery, the people racing to unearth its answer, and the sobering truths--about race, gender, and immigration--exposed by the Lost Colony of Roanoke

In 1587, 115 men, women, and children arrived at Roanoke Island on the coast of North Carolina. Chartered by Queen Elizabeth I, their colony was to establish England's first foothold in the New World. But when the colony's leader, John White, returned to Roanoke from a resupply mission, his settlers were nowhere to be found. They left behind only a single clue--a "secret token" carved into a tree. Neither White nor any other European laid eyes on the colonists again. What happened to the Lost Colony of Roanoke? For four hundred years, that question has consumed historians and amateur sleuths, leading only to dead ends and hoaxes. But after a chance encounter with a British archaeologist, journalist Andrew Lawler discovered that solid answers to the mystery were within reach. He set out to unravel the enigma of the lost settlers, accompanying competing researchers, each hoping to be the first to solve its riddle. In the course of his journey, Lawler encounters a host of characters obsessed with the colonists and their fate, and he determines why the Lost Colony continues to haunt our national consciousness. Thrilling and absorbing, *The Secret Token* offers a new understanding not just of the first English settlement in the New World but of how its disappearance continues to define--and

divide--America.

A groundbreaking study of the connection between spirituality, psychology, and neurophysiology that is coded into the book of Genesis. • Reveals why Eve was allowed to eat the apple of knowledge forbidden to Adam. • Uses mythological imagery to reveal the working processes of awareness in the human brain. • Combines ancient Qabalistic techniques and modern scientific brain research to show how Genesis is an operating manual for creating wholeness in the psyche. Adam exists within all our psyches, as does Eve. While Adam represents the masculine component of consciousness--pure intellect--Eve represents the functions of the brain's frontal lobes, the feminine intuitive integrator of the four-level human brain. If we wish to be whole, we must develop and integrate the feminine with the masculine. Using her lifelong study of the Qabalah and the secret meanings of the Hebrew alphabet, Glynda-Lee Hoffmann shows how the Garden of Eden story is actually an instruction manual that explains transcendence as a biological imperative. Hoffmann reveals why it was permissible for Eve to eat the apple of knowledge that was forbidden to Adam. Eve's desire for integration, clarity, and transcendence--for wisdom--is a goal Adam is biologically incapable of pursuing without her. Though written as mythology, Genesis contains remarkable scientific and psychological correlations that can help an individual integrate the masculine and feminine sides of the psyche and thereby translate potential into actuality.

Bruce Lee A Life Simon & Schuster

This enduring bestseller, written over six months when Lee was bedridden with back problems, compiles philosophical aphorisms, technique explanations, and sketches by the master himself.

Part of the Bruce Lee's Fighting Method series, this book teaches how to perform jeet kune do's devastating strikes and exploit an opponent's weaknesses with crafty counterattacks like finger jabs and spin kicks.

In the spring of 1959, eighteen-year-old Bruce Lee returned to San Francisco, the city of his birth. Although the martial arts were widely unknown in America, Bruce encountered a robust fight culture in the Bay Area, populated with talented and trailblazing practitioners such as Lau Bun, Chinatown's aging kung fu patriarch; Wally Jay, the innovative Hawaiian jujitsu master; and James Lee, the Oakland street fighter. Regarded by some as a brash loudmouth and by others as a dynamic visionary, Bruce spent his first few years back in America advocating for a modern approach to the martial arts, and showing little regard for the damaged egos left in his wake. The year of 1964 would be an eventful one for Bruce, in which he would broadcast his dissenting worldview before the first great international martial arts gathering, and then defend it by facing down Wong Jack Man—Chinatown's young kung fu ace—in a legendary behind-closed-doors showdown. These events were a catalyst to the dawn of martial arts in America and a prelude to an icon. Based on over one hundred original interviews, *Striking Distance* chronicles Bruce Lee's formative days amid the heated martial arts proving ground that thrived on San Francisco Bay in the early 1960s.

"One of the most dazzling and devastating novels I've read in a long time...Readers of *Fruit of the Drunken Tree* will surely be transformed." --San Francisco Chronicle "Simultaneously propulsive and poetic, reminiscent of Isabel Allende...Listen to this new author's voice — she has something powerful to say." --Entertainment Weekly A mesmerizing debut set in Colombia at the height of Pablo Escobar's violent reign about a sheltered young girl and a teenage maid who strike an unlikely friendship that threatens to undo them both. Seven-year-old Chula and her older sister Cassandra enjoy carefree lives thanks to their gated community in Bogotá, but the threat of kidnappings, car bombs, and assassinations hover just outside the neighborhood walls, where the godlike drug lord Pablo Escobar continues to elude authorities and

capture the attention of the nation. When their mother hires Petrona, a live-in-maid from the city's guerrilla-occupied slum, Chula makes it her mission to understand Petrona's mysterious ways. But Petrona's unusual behavior belies more than shyness. She is a young woman crumbling under the burden of providing for her family as the rip tide of first love pulls her in the opposite direction. As both girls' families scramble to maintain stability amidst the rapidly escalating conflict, Petrona and Chula find themselves entangled in a web of secrecy that will force them both to choose between sacrifice and betrayal. Inspired by the author's own life, and told through the alternating perspectives of the willful Chula and the achingly hopeful Petrona, *Fruit of the Drunken Tree* contrasts two very different, but inextricably linked coming-of-age stories. In lush prose, Rojas Contreras has written a powerful testament to the impossible choices women are often forced to make in the face of violence and the unexpected connections that can blossom out of desperation.

“The first noteworthy treatment of its subject—and a definitive one at that...Fascinating narrative threads proliferate.” —The New York Times Book Review The most authoritative biography—featuring dozens of rarely seen photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged the divide between Eastern and Western cultures, and smashed long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee's sudden death at age thirty-two, journalist and bestselling author Matthew Polly has written the definitive account of Lee's life. It's also one of the only accounts; incredibly, there has never been an authoritative biography of Lee.

Following a decade of research that included conducting more than one hundred interviews with Lee's family, friends, business associates, and even the actress in whose bed Lee died, Polly has constructed a complex, humane portrait of the icon. Polly explores Lee's early years as a child star in Hong Kong cinema; his actor father's struggles with opium addiction and how that turned Bruce into a troublemaking teenager who was kicked out of high school and eventually sent to America to shape up; his beginnings as a martial arts teacher, eventually becoming personal instructor to movie stars like James Coburn and Steve McQueen; his struggles as an Asian-American actor in Hollywood and frustration seeing role after role he auditioned for go to a white actors in eye makeup; his eventual triumph as a leading man; his challenges juggling a sky-rocketing career with his duties as a father and husband; and his shocking end that to this day is still shrouded in mystery. Polly breaks down the myths surrounding Bruce Lee and argues that, contrary to popular belief, he was an ambitious actor who was obsessed with the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This is an honest, revealing look at an impressive yet imperfect man whose personal story was even more entertaining and inspiring than any fictional role he played onscreen.

Only now can the full story be told 15 years after the untimely death of Bruce Lee. The director of his greatest hit, *Enter the Dragon*, brings you this explosive biography. Over 150 rare photos of the Little Dragon's life and career. Interviews with his family and friends. Includes over 200 pages of facts, quotes, and photos, many published for the first time.

A collection of interviews with the martial arts master reveals his personal philosophy and thoughts on such issues as racism, success, and the challenges and triumphs of his personal and professional life

Inspire and educate yourself with this comprehensive guide to the tactful and legendary ways of renowned martial arts master, Bruce Lee! During his lifetime, legendary martial artist Bruce Lee formulated a complex personal philosophy--a synthesis of Eastern and Western ideals--that extolled the virtues of knowledge and total mastery of one's self. However, most of his philosophical writings could be found only within the personal library of the Bruce Lee estate--until now. *The Warrior Within* is the most comprehensive volume of these teachings, meant to help you apply Lee's philosophies to your own life. This unique guide

reveals such life-affirming secrets as: Seeing the totality of life and putting things into perspective Understanding the concept of Yin and Yang Defeating adversity by adapting to circumstances Tapping into inner spiritual forces to help shape the future With a foreword by his wife, Linda Lee Cadwell and photographs and other memorabilia from Bruce Lee's short but celebrated life, *The Warrior Within* is an engrossing and easy-to-understand guide to the little-explored world of Bruce Lee.

The author of *American Shaolin* presents an insider's account of mixed martial arts that traces its meteoric rise since its 1993 inception, documenting key events through interviews with leading UFC stars while describing the author's own haphazard training experiences as an unprepared and out-of-shape contender.

This is the only independent biography of Bruce Lee, and it is complete in terms of both the martial arts and the movies.

This oral biography of the legendary martial artist and action film star offers “an impressive collection of insights into the life of a cultural icon” (*The Guardian*, UK). Bruce Lee only made a handful of films, yet generations after his untimely death at the age of thirty-two, the Little Dragon's influence on culture is as strong as ever. Lee wasn't just an actor and martial artist, but a director, inventor, husband, father and philosopher. His films kick-started a global kung fu boom and retain the power to awe today, while his thoughts – collected in a series of books from Lee's own notes—still inspire. Through exclusive interviews with Lee's original students, close friends, co-stars, and many others, Fiaz Rafiq compiles a compelling, revealing, and multifaceted portrait of this complex man. *Bruce Lee: The Life of a Legend* “punches and kicks into new territory” (*Hollywood Reporter*). *A Sunday Times Book of the Year*

Describes the author's study of martial arts at China's Shaolin Temple, his initial disenchantment that turned into respect for the instructors, and the training that led him to represent the Temple in international competitions.

Bruce Lee was a Chinese American action film star, martial arts instructor, filmmaker, and philosopher. His Hong Kong and Hollywood-produced films elevated the traditional martial arts film to a new level of popularity and acclaim. Through such films as *Way of the Dragon* and *Enter the Dragon*, Lee helped to change the way Asians were presented in American films and, in the process, he became an iconic figure known throughout the world. Although he died at the young age of 32, Bruce Lee is widely considered to be the one of the most influential martial artists of all time.

This fascinating collection showcases how Bruce Lee lived and how we can all live better, fuller lives by following his example. Bruce Lee was more than a movie star or a martial artist. For many people, he was a living example of the incredible things a person can accomplish through dedication, perseverance and sheer force of will. In just 33 years before his untimely death, Bruce Lee created new styles of fighting, and became an international film star, television personality, philosopher and cultural icon in the process. This inspirational new book presents a carefully curated selection of photos, stories, anecdotes and ephymera, plus favorite film notes, lines and commentary from friends, family, peers and rivals. It distills the iconic fighter's approach to making the most out of life into a beautifully bound book that would be treasured by any Bruce Lee fan, as well as those readers looking for an inspired approach to living a richer, more fulfilling existence.

"Bruce Lee was known as an amazing martial artist, but he was also a profound thinker. He left behind seven volumes of writing on everything from quantum physics to philosophy." — John Blake, CNN Named one of TIME magazine's "100 Greatest Men of the Century," Bruce Lee's impact and influence has only grown since his untimely death in 1973. Part of the seven-volume Bruce Lee Library, this installment of the famed martial artist's private notebooks allows his legions of fans to learn more about the man whose groundbreaking action films and martial arts training methods sparked a worldwide interest in the Asian martial arts. Bruce Lee Artist of Life explores the development of Lee's thoughts about Gung Fu (Kung Fu), philosophy, psychology, poetry, Jeet Kune Do, acting, and self-knowledge. Edited by John Little, a leading authority on Lee's life and work, the book includes a selection of letters that eloquently demonstrate how Lee incorporated his thought into actions and provided advice to others. Although Lee rose to stardom through his physical prowess and practice of jeet kune do—the system of fighting he founded—Lee was also a voracious and engaged reader who wrote extensively, synthesizing Eastern and Western thought into a unique personal philosophy of self-discovery. Martial arts practitioners and fans alike eagerly anticipate each new volume of the Library and its trove of rare letters, essays, and poems for the light it sheds on this legendary figure. This book is part of the Bruce Lee Library, which also features: Bruce Lee: Striking Thoughts Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Letters of the Dragon Bruce Lee: The Art of Expressing the Human Body Bruce Lee: Jeet Kune Do

"The first noteworthy treatment of its subject—and a definitive one at that...Fascinating narrative threads proliferate" (The New York Times Book Review). The most authoritative biography—featuring dozens of rarely seen photographs—of film legend Bruce Lee, who made martial arts a global phenomenon, bridged the divide between Eastern and Western cultures, and smashed long-held stereotypes of Asians and Asian-Americans. Forty-five years after Bruce Lee's sudden death at age thirty-two, journalist and bestselling author Matthew Polly has written the definitive account of Lee's life. It's also one of the only accounts; incredibly, there has never been an authoritative biography of Lee. Following a decade of research that included conducting more than one hundred interviews with Lee's family, friends, business associates, and even the actress in whose bed Lee died, Polly has constructed a complex, humane portrait of the icon. Polly explores Lee's early years as a child star in Hong Kong cinema; his actor father's struggles with opium addiction and how that turned Bruce into a troublemaking teenager who was kicked out of high school and eventually sent to America to shape up; his beginnings as a martial arts teacher, eventually becoming personal instructor to movie stars like James Coburn and Steve McQueen; his struggles as an Asian-American actor in Hollywood and frustration seeing role after role he auditioned for go to a white actors in eye makeup; his eventual triumph as a leading man; his challenges juggling a sky-rocketing career with his duties as a father and husband; and his shocking end that to this day is still shrouded in mystery. Polly breaks down the myths surrounding Bruce Lee and argues that, contrary to popular belief, he was an ambitious actor who was obsessed with the martial arts—not a kung-fu guru who just so happened to make a couple of movies. This is an honest, revealing look at an impressive yet imperfect man whose personal story was even more entertaining and inspiring than any fictional role he played onscreen.

In this companion volume to his critically acclaimed first book, *The Tao of Muhammad Ali*, Davis Miller turns his attention to a second iconic figure of the twentieth century--and another of Miller's own seminal influences: film star and martial arts legend Bruce Lee. Just weeks after completing *Enter the Dragon*, his first vehicle for a worldwide audience, Bruce Lee--the self-proclaimed world's fittest man--died mysteriously at the age of thirty-two. The film has since grossed over \$500 million, making it one of the most profitable in the history of cinema, and Lee has acquired almost mythic status. Lee was a flawed, complex, yet singular talent. He revolutionized the martial arts and forever changed action moviemaking. But what has his legacy truly meant to the fans he left behind? To author Davis Miller, Lee was a profound mentor and a transformative inspiration. As a troubled young man in rural North Carolina, Miller was on a road to nowhere when he first saw *Enter the Dragon*, an encounter that would lead him on a physical, emotional, and spiritual journey and would change his life. As in *The Tao of Muhammad Ali*, Miller brilliantly combines biography--the fullest, most unflinching and revelatory to date--with his own coming-of-age story. The result is a unique and compelling book. From the Hardcover edition.

The astonishing story of martial arts legend Bruce Lee . . . told in spectacular graphic form. Bruce Lee was born on November 27, 1940 -- in both the hour and the year of the dragon. Almost immediately, he was plunged into conflict: as a child in Hong Kong as it was invaded and occupied by the Japanese; as the object of discrimination and bullying; and as a teenager grappling against the influence of gangs. As the world knows, Lee found his salvation and calling through kung fu -- first as a student, then as a teacher, and finally as a global star. *The Boy Who Became a Dragon* tells his story in brilliant comic form.

A master sailor when he was barely in his twenties, Sterling Hayden (1916-1986) became an overnight film star despite having no training in acting. After starring in two major films, he quit Hollywood and trained as a commando in Europe. Hayden joined the OSS and fought in the Balkans and Mediterranean, earning a Silver Star for his distinguished service. Hayden's wartime admiration for the Yugoslavian Partisans led to a brief membership in the Communist Party after the war, and this would come back to haunt him when he was called to testify in front of the House Un-American Activities Committee where he became the first star to name names. After returning to Hollywood, Hayden's film career flourished as he starred in several films including *The Asphalt Jungle*, *Denver and Rio Grande*, and *The Killing*. His personal life, however, descended into chaos. His bitter custody battle with his second wife led to his well-publicized and controversial kidnapping of their four children for a voyage to Tahiti. Increasing alcohol and substance abuse would take its toll, but Hayden's career would be revived as a character actor in such classics as *Dr. Strangelove* and *The Godfather*. In addition, he proved to be an excellent author, penning two international bestsellers. Despite these achievements, his later years were characterized by depression, self-doubt, alcoholism, and substance abuse. His life was metaphorically a series of wars, including the most difficult of them all--the war that Sterling Hayden fought with himself.

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