



Chuck J. Rylant and

Motivation: Stories on Life and Success from Brazilian Jiu-Jitsu Black Belts



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What is common amongst extremely motivated people? The outcome is 12 fascinating and unexpected stories about overcoming adversity and success in life and Jiu-Jitsu. What lessons possess they learned during their journey? What drives ambitious people is certainly often designed by our subconscious mind. We are not always alert to the influences driving our behavior, but you'll discover underlying themes which reveal answers to the following questions: What drives highly successful people? Are they born ambitious or could it be learned? This is a assortment of intimate and sometimes shocking conversations about motivation with 12 Brazilian Jiu-Jitsu black belts. Jiu-Jitsu provides often been used seeing that a metaphor of lifestyle, nevertheless, you can replace Jiu-Jitsu with any sport, business or ambitious pursuit - the lessons are universal. Were the sacrifices worth the rewards?



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Great book. I followed Chuck's blog articles as he . It's such as a group of motivational interviews with individuals who won't sugar coat it and so are straight up. Five Stars Loved this book! Unquestionably recommend. I adopted Chuck's blog articles as he created the publication. Happy training! The publication uses Jiu Jitsu as a system to show great examples of what drives people to become great at what they perform. a great assortment of stories Inspiring I really enjoyed the various stories and journeys supplied by all these martial artist. Good read. Jiu-Jitsu Lifestyle Great, enjoyable go through." I think so, too, but was not able to put that feeling into words. I purchased it for my boyfriend for Christmas and he totally loves it. You can place me down among the saved aswell. Those are great and the book version improved the readability and clarity of the stories. - Michael R. You'll be motivated and I spores. His own words are what continue steadily to resonate with me, "I really like Jiu-Jitsu because it may be the only honest point I've ever found. I work Watts Brazilian Jiu-Jitsu and Muay Thai Academy Paragon which is as Martial Arts school. We had Chuck as a guest instructor. It is one I can grab and read again at any time whenever I am doubting myself. They all were excited and liked the book! I definitely recommend for anyone wanting to find motivation in their sport! It's like a series of motivational interviews with people who won't ..! The author very nicely pulls jointly a string of interviews from a varied group of people with one thing in keeping, they live a Jiu-Jitsu lifestyle which includes made them healthy and content.. He wouldn't talk to me for over one hour because he couldn't place it down so I highly recommend! It's an honest area you don't frequently see While capturing what must be done to become a Black Belt in BJJ it also catalogs the dark locations some of the greats were before finding where they are now. Legitimately inspirational for anybody but casually even more relatable to a Grappler. Great book. Good tales of struggles with an objective. Good tales of struggles with an objective. Everyone has their own journey, you just need to find your, positive and helpful. A BJJ reserve like no other I get excited whenever We see a book on BJJ which one did not disappoint. It was full of great stories of motivation. I also bought his book to read before he came and loved it therefore much I bought about 20 more at hand out to my Jiu-Jitsu students as Christmas gifts! This book gives an excellent insight to the power of Jiu Jitsu. Great book! I'm a father of 5 and work a stressful job. It's hard to obtain motivation to train sometimes. This book was inspirational and motivational. As a BJJ instructor and practitioner I've seen Jiu Jitsu switch many peoples lives for the better. It is good for any martial artist or person who is wanting to receive that dark belt someday. This publication is a great easy read. Great go through even for non-BJJ folks This was an excellent read. All the stories were interesting to me. Some of the black belts he interviewed I've met in person, others I've heard of, however, many I had by no means heard of (I'm only a blue belt!). Chuck Rylant is certainly a compelling storyteller. Great gift for a Jiu-Jitsu student or yourself! Read it in few hours and only put it straight down for dinner. There are therefore many parallels in lifestyle to Jiu-Jitsu that I believe even non-practitioners will see the short book well worth the browse. I'm already looking towards his next book.. Makes you motivated. I love the short stories. Very real and authentic. I'll reread this book. I learned a lot about BJJ. Thanks a lot for writing. It's almost all on the title. Simply examine it. Simpson, NOLA BJJ Black Belt, and writer of Bruises (I do not know the author, this review was unsolicited and I purchased the book). Very genuine and personal stories.



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