

"An encouraging story that educates and inspires."

— MARK DONIC, *Asia Post* (Best Self-helping Author, Founder of SCALPT and Unleash the Monk)

GREG AMUNDSON

THE WARRIOR

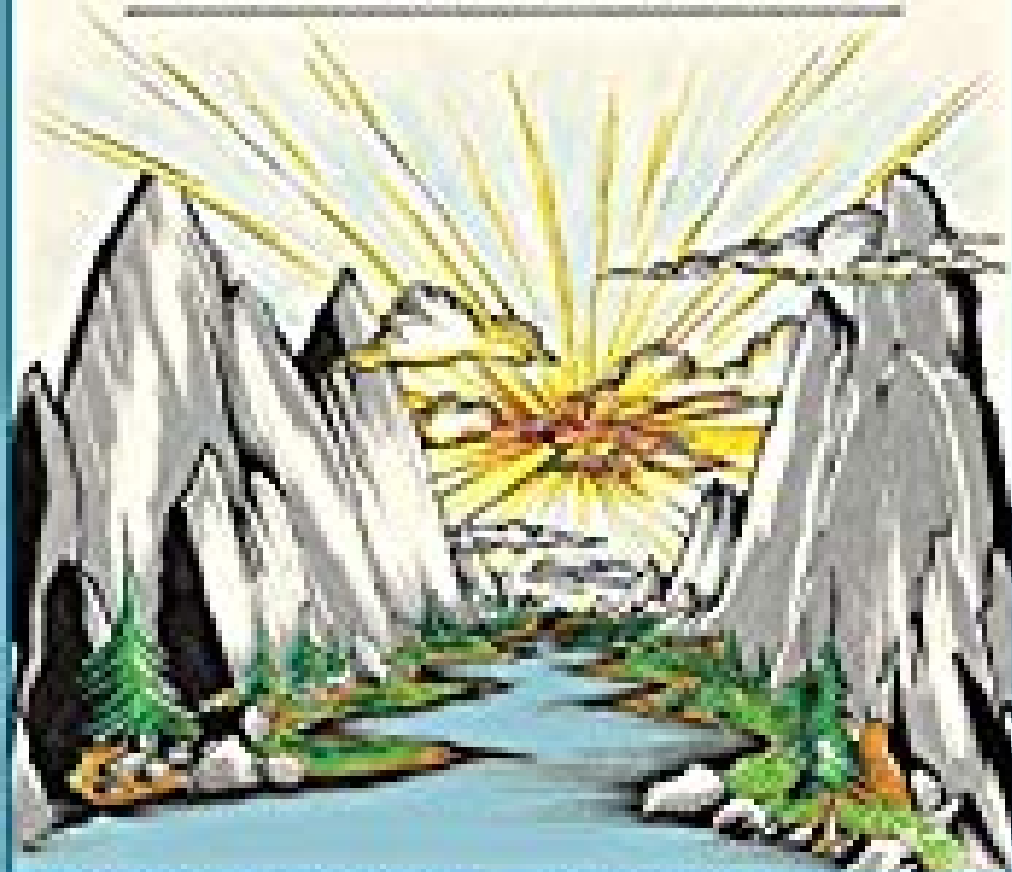
A FABLE ABOUT

AND

FULFILLING YOUR POTENTIAL

THE MONK

AND FINDING TRUE HAPPINESS



FOREWORD BY JOE DE BENA — FOUNDER OF SPARTAN RACE

Greg Amundson

The Warrior and The Monk: A Fable About Fulfilling Your Potential And Finding True Happiness



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WISDOM TO CREATE A LIFE OF FULFILLMENT, PURPOSE, AND MEANING "The Warrior and The Monk"— On a life-changing journey, the sensible monk imparts useful lessons for the young warrior that show us to:• and considering the 'American Sniper" DISCOVER YOUR INNER WAY TO OBTAIN ABUNDANCE,• MASTER THE ENERGY OF YOUR SPEAKING, AND•Spartan Up!About the writer:GREG AMUNDSON is one of the nation" JOE DE SENA, SPARTAN Founder & CEO and #1 NY Times bestselling author of ""— DAN BRULÉ" Just Breathe"" "The Warrior and The Monk""— ROBERT VERA, #1 Amazon bestselling writer of "A Warrior's Faith"" "Greg's ability to transcend boundaries and talk with the essence of spirituality is profound and encouraging." tells the extraordinary tale of a warrior who seeks the counsel of a wise monk on a universal quest to find accurate happiness. SCOTT McEWEN, #1 New York Times bestselling co-author of " IMPROVE THE QUALITY OF YOUR THINKING,• "The first rung on the ladder to self-mastery is reading "The Warrior and The Monk" CREATE A PERSONAL RELATIONSHIP WITH GOD,• "Way of the Warrior' as Greg Amundson is currently teaching it., International bestselling writer of "—Greg Amundson is a Spiritual Warrior, and his function will bless your life. INCREASE THE Power OF YOUR " is an inspiring, timely and courageously articulated perspective on seeking (and discovering) a personal relationship with God. Accurate Primary's forefront authorities on integrated wellness. His integration of the Mind, Body, and Spirit offers a distinctive perspective to keep you thriving in all aspects of your life. A former DEA Particular Agent, SWAT Operator, and Army Captain turned Kokoro Yoga Instructor and Masters of Divinity Graduate College student, Greg's message will help you internalize disciplined procedures that are central to developing a relationship with God. To learn more, visit www.GregoryAmundson.com.



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Greg Admunson captures pure wisdom with this publication. I love that despite the fact that I've heard much of the guidance in this book, having it in the beautiful story format helps me to recall and retain the teachings better. Greg Admunson captures pure wisdom with this publication. For me this is invaluable in the day to day, minute to moment, struggle of feeding the Courage Wolf and shutting out the Fear Wolf.. graduation, Birthday, Xmas, retirement, and because. 5 stars! Written by an author who is the epitome of a positive mentor encompassing your brain, body and spirit! The 4 Agreement, Think and Grow, and anything by C.S. Lewis! This book will help see life from a different perspective! I'm providing this book as something special for every occasion; One of the most important books that you'll ever read!. easy to read format This is one of those rare times when you find a book written with such profoundly powerful insights delivered in that simplistic, readable format. I anticipate making this a monthly examine and adapting it a little bit for my girl. Please read this book, I recommend adoptibg the simple daily practices, and talk about this book with EVERYONE who you like! We curenly have everything we are in need of and desire within us. Become familiar with how to elevate your mind, body, and spirit to new heights that you've never been to before. For visitors of all ages, this book will meet you where you are in life and can assist you to take that next thing to help expand your developement. Great drawings, too. Like THIS BOOK! Great for everyone. Wonderful imagery! A book I can share with my entire family including my two toddler males. Greg has written some very complex concepts into easy to digest example with beautiful illustration. This might also be a great gift to provide. Greg has an amazing method of utilizing text with images that permit the ... Greg has an amazing method of utilizing text message with images that permit the reader to mentally, emotionally and spiritually hook up to the story. That is a reserve everyone ought to be reading, its readable no matter your religious beliefs, gender, race, present or previous we can all have the best goal of finding our accurate potential and happiness. The Warrior and The Monk allows use to see that. "A warrior masters himself to become of service to others". In addition to to a powerful message, the boom contains beautiful illustrations to guide readers along their journey.. The Warrior and the Monk can not only change how you see yourself, but will positively influence the rest you will ever have! Impactful. Life changing. An absolute MUST READ for ALL ages, and stages of existence.It's been 14 days since I've read the publication and my mind may recall the images then the essence of the teachings in a manner that even my little reserve of rates can't quite do. Must read! Another fabulous book by Greg Amundson!.A complete food for your Courage Wolf A beautiful, timeless, illustrated tale of the peaceful Warrior's journey. He offers answered many questions that I've had for most of my life. TIMELESS WISDOM The Warrior and the Monk goes through the journey of an eternity. The Warrior and the Monk teaches us how exactly to access the energy of God and fulfillment. Every page of the book is pure gold. Such a blessing. I gave it both my children. The written text is encouraging. A great go through! Easy read. As you examine, you will likely find yourself determining with the warrior on his journey to seek true joy, fulfillment, and purpose. Short but powerful Description of a warrior will probably be worth the book. A brief story with a powerful message I found the story to end up being thus relatable to my very own desire to fulfill my potential and live upto the greatness God has instilled in me. Many thanks Good read! Great inspirational story Worth your time to enjoy The Warrior and the Monk is a book that's simple to read and understand. Excellent tale about how true life satisfaction is available by looking within to find so many treasures you were not conscious of! There are several existence lessons that parallel the difficulties we face in the current society distilled is definitely conversations between the monk and the warrior that i sincerely believe anyone can understand and enjoy.. A beautiful

story with great illustrations, allowing the message to be read and understood by all ages and walks of life. This is classic in the same category as; Great function! I am an enormous lover of Greg Amundson and his function and this book didn't disappoint. Amazing read. Being a Marine veteran early in sobriety I truly enjoy how Greg Amundson reduces what being a real warrior is about. I highly recommend this publication to everyone. Amazing work This book was truly amazing and exactly what I was longing for. This book is what being truly a true warrior is about. Will definitely be a publication that I tell my son as he grows older. Thanks for the inspiring function. He .! Really puts you in the best mindset for growth and understanding. Beautifully written.!



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