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Meditations On Violence A Comparison Of Martial Arts Training And Real World Violence

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Meditation on Violence: A Comparison of Martial Arts Training & Real World Violence Miller Rory.

YMAA Publication Center, 2008.—313 p. ISBN 978—1—59439—140—8.Contents: Foreword.

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Like a pool of blood, violence is a very sobering subject, one that must be treated seriously in order to do any good. Meditations on Violence certainly fits that bill. It is a refreshingly frank, honest, and in-depth assessment that teaches readers how to think critically about the subject, determine how to evaluate

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sources of knowledge, and understand how to identify strategies and select tactics to deal with violence effectively.

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Rory Miller (Author of *Meditations on Violence*)

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