



# The Secret of Inner Strength: My Story

*Chuck Norris, Joe Hyams*

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## **The Secret of Inner Strength: My Story** Chuck Norris, Joe Hyams

Dust jacket notes: "From world-champion athlete to world-famous movie star, Chuck Norris has had one strategy for success. It is The Secret of Inner Strength, which he reveals in his amazing life story. As Chuck recalls his poor, troubled Oklahoma childhood, 'I was the shy kid who never excelled at anything, and I was never a natural athlete.' But when he became a student of karate during his Air Force service in Korea, Chuck reached a major turning point. The martial arts, he learned, built mental as well as physical fitness. Although he failed his first black-belt test, he continued to work at it and he learned a valuable lesson: 'The fact that for the first time in my life I had stuck with something and not given up led to confidence. And confidence is a stage of inner strength.' When Chuck returned to the States, he had earned his black belt, and he went on to win six consecutive world karate championships. In The Secret of Inner Strength, he vividly recounts those exciting international tournaments and details the training techniques and winning strategies that enabled him to become and remain a champion. Utilizing the same positive force he had brought to the martial-arts arena, Chuck then launched a dynamic acting career that has made him Hollywood's number-one action-adventure hero. He takes us behind the scenes of his films, with revealing accounts of his movie-making experiences, beginning with his first supporting role in Bruce Lee's Return of the Dragon and including his starring in such box-office hits as Code of Silence, Lone Wolf McQuade, The Delta Force, Invasion USA - and his three blockbuster Missing in Action films...."

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