



## Developing Black Belt Character: A Daily Reading Encouraging Self-Evaluation and Personal Growth (Paperback)

By Holly M Lounder

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The key to personal growth is the ability to evaluate your own behaviors, desires, and thought processes. In the martial arts we focus as much on our personal character growth as we do on physical skills. This is a collection of short blogs the author has written, geared toward her students as they develop as leaders. The personal attributes desired by her students to have, are attributes we all should be striving for in our own personal lives. The sections in the book are divided by character traits, such as: courtesy, respect, integrity, self- control, perseverance, goal setting and community. The author takes stories and lessons from her own life as a mother, educator, and martial artist to illustrate the characteristics she is promoting.

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