



Bruce Lee. El arte de expresarse con el cuerpo (Spanish Edition)

By Bruce Lee

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Durante décadas muchas personas se han preguntado cómo Bruce Lee consiguió moldear su cuerpo y, por extensión, su excelente forma física. Este libro da las respuestas de la mano del propio Lee. A través de sus escritos, cartas, diarios, entrevistas y fotografías, el lector se adentrará en su manera de entrenar y en su propia filosofía, de manera que podrá aplicar estos conocimientos a su desarrollo personal.

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About the Author

John little es editor asociado de la revista Bruce Lee y el directo de Knowing Is Not Enough, el informativo oficial del Jun Fan Jeet Kune Do.

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