



The Art of Expressing the Human Body

By Bruce Lee, John Little

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Learn the secrets to obtaining Bruce Lee's astounding physique with this insightful martial arts training book.

The Art of Expressing the Human Body, a title coined by Bruce Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity.

Beyond his martial arts and acting abilities, Lee's physical appearance and strength were truly astounding. He achieved this through an intensive and ever-evolving conditioning regime that is being revealed for the first time in this book.

Drawing on Lee's own notes, letters, diaries and training logs, Bruce Lee historian John Little presents the full extent of Lee's unique training methods including nutrition, aerobics, isometrics, stretching and weight training.

In addition to serving as a record of Bruce Lee's own training, *The Art of Expressing the Human Body*, with its easy-to-understand and simple-to-follow training routines, is a valuable source book for those who seek dramatic improvement in their health, conditioning, physical fitness, and appearance.

This Bruce Lee Book is part of the Bruce Lee Library which also features:

- Bruce Lee: Striking Thoughts
- Bruce Lee: The Celebrated Life of the Golden Dragon
- Bruce Lee: The Tao of Gung Fu
- Bruce Lee: Artist of Life
- Bruce Lee: Letters of the Dragon
- Bruce Lee: Jeet Kune Do

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Editorial Review

Review

"All types of knowledge ultimately leads to self-knowledge. So, therefore, these people are coming in and asking me to teach them, not so much how to defend themselves or how to do somebody in. Rather, they want to learn to express themselves through some movement, be it anger, be it determination, or whatever. So, in other words, they're paying me to show them, in combative form the art of expressing the human body." —**Bruce Lee**

"I suggest you read this book and use it to motivate yourself to pursue whatever goals you strive for in life. Here is the record of a man who had to overcome his own obstacles in life, and who achieved success because he believed in himself. Perhaps you can use this inspiration to achieve your own success. Even now, I feel Bruce's presence and he still motivates me to this day. When I'm lifting weights...I max out my workout by doing one more rep for the old man upstairs, and then do one for Bruce. It never fails!" —**Allen Joe, from the Foreword**

"The Bruce Lee Library stands as a definitive presentation of Bruce Lee's magnificent legacy. Each volume belongs on the bookshelf of every serious martial artist." —**Jun Fan Jeet Kune Do Nucleus**

"*The Art of Expressing the Human Body*, the fourth volume in Tuttle's Bruce Lee Library, is attributed to martial arts titan Bruce Lee, but he is referred to throughout in the third person. Editor John Little has, however, produced a fitness book based closely on Lee's own exercises and beliefs, illustrated with pictures of the master in action" —**Publishers Weekly**

"...Bruce Lee books are now also available in ebook format...That's great, it's nice if you're traveling to take everything with you in one little small container so-to-speak." —**Martial Thoughts Podcast**

"His teachings (some of which were captured in his book *The Art of Expressing the Human Body*) served as the basis for many subsequent popular training and fitness programs such as Tae Bo and P90X." —**Bruce Y. Lee, Forbes**

About the Author

John Little is considered to be one of the world's foremost authorities on Bruce Lee. He's the only person who has ever been authorized to review the entirety of Lee's personal notes, sketches and reading annotations, giving him an insider's look at Lee's training methods and philosophies. He's shared this information with Lee's fans in his books published by Tuttle Publishing, including: *Bruce Lee: Artist of Life*; *Jeet Kune Do: Bruce Lee's Commentaries on the Martial Way*; *Letters of the Dragon*; *The Tao of Gung Fu: A Study in the Way of Chinese Martial Art*; *Striking Thoughts: Bruce Lee's Wisdom for Daily Living* and *Bruce Lee: The Celebrated Life of the Golden Dragon*.

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Melinda Gregory:

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Spent a free time to be fun activity to accomplish! A lot of people spent their down time with their family, or all their friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside park. They actually doing same every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could be reading a book may be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled The Art of Expressing the Human Body can be very good book to read. May be it might be best activity to you.

Henry Rodriguez:

Reading a book to get new life style in this season; every people loves to go through a book. When you go through a book you can get a great deal of benefit. When you read publications, you can improve your knowledge, due to the fact book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you want to get information about your study, you can read education books, but if you act like you want to entertain yourself read a fiction books, these kinds of us novel, comics, and soon. The The Art of Expressing the Human Body will give you a new experience in reading through a book.

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