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Meditation on Violence: A Comparison of Martial Arts ...

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

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