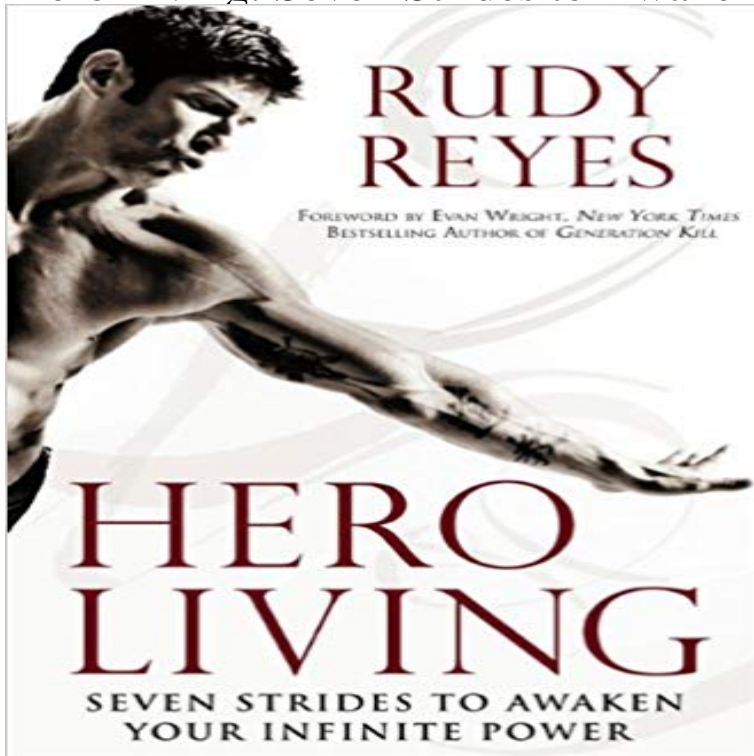


Hero Living: Seven Strides to Awaken Your Infinite Power



The star of HBO(r)s Generation Kill and the real-life warrior from the New York Times bestseller presents his Hero Living plan. In his publishing debut, Rudy Reyes introduces his philosophy of Hero Living: part Homer, part Joseph Campbell, part Bruce Lee, and part Spider- Man. The various stages in the journey aim to bring forth the hero within: recognizing the heros call, following the heros path, and returning from lifes battlefield with the heros hard-earned wisdom. Taking readers step-by-step through his program, Reyes draws from his own heroic story of how he triumphed over his harrowing childhood experiences of poverty and abandonment. Rather than giving up hope, he heeded the heros call to live up to his full potential-first as a martial-arts champion, then as an elite warrior in the mountains of Afghanistan and on the sands of Iraq, and finally in his post-Marines life as a personal trainer, actor, and motivational speaker.

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