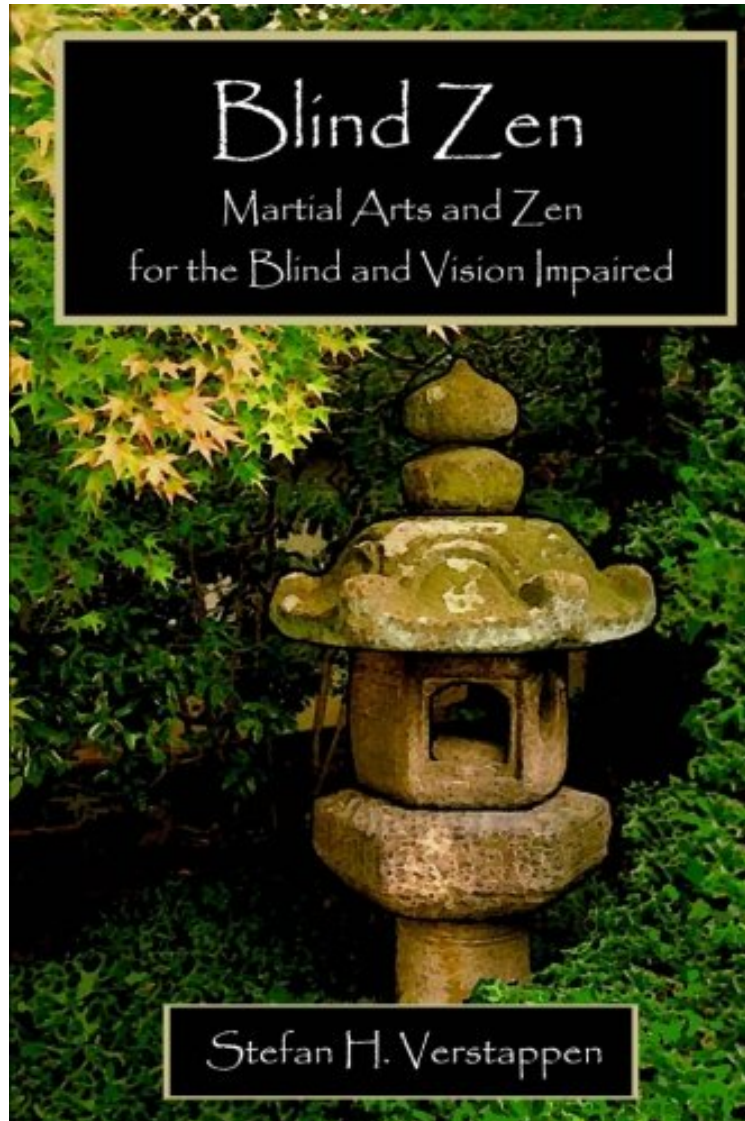


[Free read ebook] Blind Zen: Martial arts and Zen for the blind and vision impaired

Blind Zen: Martial arts and Zen for the blind and vision impaired

Mr Stefan H. Verstappen

**Download PDF / ePub / DOC / audiobook / ebooks*



[Download](#)

[Read Online](#)

#3081267 in Books Ingramcontent 2011-10-20Original language:EnglishPDF # 1 9.21 x .42 x 6.141, .59
#File Name: 098695151X184 pagesBlind Zen Martial Arts and Zen for the Blind and Vision Impaired | File
size: 59.Mb

Mr Stefan H. Verstappen : Blind Zen: Martial arts and Zen for the blind and vision impaired before purchasing it in order to gage whether or not it would be worth my time, and all praised Blind Zen: Martial arts and Zen for the blind and vision impaired:

0 of 0 people found the following review helpful. Wonderful book, awful narrationBy arinaI am blind with balance and vertigo issues like the author's client in this book. I found it very encouraging and well written.However, the Audible narration is one of the worst I've come across. It is very unfortunate that this person was hired to narrate. She

speaks as though she is reading a picture book very slowly to small children and her mispronunciations are so frequent I gave up in Chapter 2. I have asked to refund the Audible charges and will continue via screen reader on iPhone. 0 of 0 people found the following review helpful. We should all be so brave. By elf1 Book details teaching a blind woman to learn skills way outside her comfort zone. Learning marshal arts brought her to a new sense of awareness of her own abilities and gave her the courage to go forward and live her life to the fullest. Inspiring. 0 of 0 people found the following review helpful. A brilliant book full of useful information. By Ripefig Stefan writes with extreme clarity. His writing is easy to follow and packed full of invaluable information. This is a must for anyone with visual impairment or for anyone who has a family member/friend with visual impairment. It is very motivational and inspiring.

Blind Zen tells the story of how a blind woman's efforts to learn self defense led to a unique experiment to adapt martial arts and eastern philosophy to develop new skills and increase self confidence. This book includes descriptions and scientific explanations of the unique Zen inspired exercises that anyone can learn and provides a fresh new approach and exciting possibilities to improve the quality of life of the vision impaired.