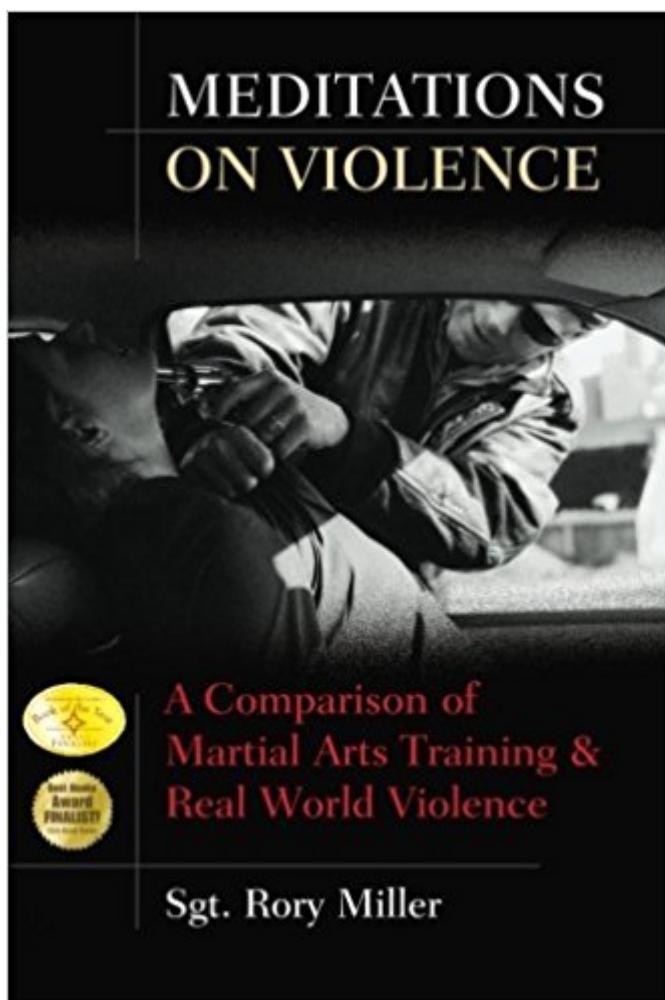


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# Meditations On Violence: A Comparison Of Martial Arts Training & Real World Violence



## Synopsis

none

## Book Information

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## Customer Reviews

"A must read book for LEO's, Martial Artists...highly recommend!" (Detective Sgt. Tony Urena, SWAT sniper, 6th dan, narcotics officer) "It's the real thing!" (Steve Barnes, author, martial artist) "A fresh voice writing from the trenches on the realities of real fighting. Listen to him!" (Loren Christensen, 7th dan, Police Officer, author) "One of the best books on self-protection ever written! Outstanding!" (Iain Abernethy, 6th Dan, World Combat Association Chief International Coach, author of Mental Strength, Throws for Strikers, and Karate's Grappling Methods) "A stark look into the real world [of violence]. Highly recommended!" (Robert Carver, 6th dan, USMC Ret.) "...required reading for all serious martial artists, law enforcement officers, security professionals, and anyone else who might have to deal with violence in some capacity. illuminating and very likely lifesaving as well." (Lawrence A. Kane, martial artist, author of Surviving Armed Assaults, co-author of The Little Black Book of Violence and Scaling Force)

FINALIST for National Best Books Award: Current Events - Political/Social, 2008 (Sponsored by USA Book News) FINALIST for Book of the Year Award: Body/Mind/Spirit, 2008 (Sponsored by ForeWord Magazine)

I've done several martial arts for several years. More recently, I found one that I really believed

would be truly practical as self defense, whereas my previous arts were focused more on sport, competition, and discipline. This book really makes clear that most martial arts and the way they are taught today are not practical for most modern cases of violence. The author articulates well these differences and makes clear what you should do in the cases of self defense. He also outlines basic drills for training to help readers get into the proper mindset needed when it comes down to survival. I'd really recommend this book to all martial artists!

Miller covers a lot of territory here on the mental, psychological, and possibly spiritual effect of violence. This is not a book that will teach you techniques, but it may help you mentally prepare for violence and the after-effects, or help people who have experienced violence process it. Martial art students who have never experienced real violence should absolutely read this book. I know from personal experience that things taught in many schools do not work in a real fight. Some of these things can and will get you hurt when used in the wrong situation. You should always be able to question the validity of what you practice. Miller notes that he is speaking from his personal experience, which is largely with prison violence. My own experiences differ and I don't agree with everything he writes, there is still a lot to be gained on a general level and possibly applied to your own experiences, past or future.

I'd strongly recommend both "Facing Violence" and "Meditations on Violence" to anyone who wants to understand people. They have more insight than dozens of literary classics. Both books are full of deep insight and long experience into a side of humanity most people hardly imagine (thank god for civilization). Whether you might be attacked, might have to protect others, or just want more insight into humanity, get both books. They do overlap considerably, with occasional near word-for-word repetition of incidents, but they are important so that's a minor quibble. The style of writing is clear, unadorned, and engaging, i.e. excellent. At several points, it is worth just putting down the book and thinking through what the last dozen words really mean and truly imply. Both books are full of factual detail and reminders of how profoundly different is "the other side of the looking glass". Having had one or two entanglements with violent sociopaths, though nothing like Miller's years of experience, I do recognize the low end of what he describes. It would really have helped me to have his books before the trouble started, and especially afterwards. One of the strengths of Miller's books is that both deeply examine the context leading up to violence and the aftermath. I won't recap the book here, partially because some readers would be shocked by the brutality of what Miller discusses. but Miller emphasizes that understanding your morals, your capabilities, and the law are essential

before anything goes wrong - because you won't have a second to think once it starts; severe damage happens unbelievable hard, close, fast, and sudden; attorneys have years to tear you apart again. Miller is clear that fighting is a bad outcome no matter what happens, but to be maimed is worse, and dead is worst. The best thing is to stay away from trouble, next best is to flee before a dangerous situation gets worse, and so on. There's no macho blustering in these books -- and Miller warns how important and difficult it is to break the cycle of blustering (which he calls "the monkey dance"). Miller emphasizes the same point made by Terence 2000 years ago: "I am a human being; nothing human can be alien to me." The world Miller describes is part of all of us. In some, it dominates our daily lives. For some, it surfaces shatteringly just once. And some never see it at all. But it is always there. I studiously avoid hyperbole in my writing, reserving the dramatic words for cases where they really apply, and they apply to these books. Both books are worth reading straight through overnight. I've never found anything else like them, and I will be returning to both over and over.

Incredibly helpful....written in a way I could understand, and loaded with lots of tips as how to increase situational awareness, and consider how to avoid confrontations, and de-escalate situations if possible. It is extremely realistic, and he is one of the most experienced, well researched and well respected authors. His reputation and experience is second to none. He is well respected for his work, and is extremely articulate in describing violence in society. Helpful for Law Enforcement, Experts and trainers in Self Defense, but also for people like me, I am a Licensed Clinical Social Worker and Certified Addiction Counselor who sees the effects of trauma everyday in my clients. I also help teach Women's Self defense classes. In my studies as a Social Worker, I took many classes in Criminal Justice, as well as classes on the study of Women and Violence. I have a desire to learn more about violence as a whole, with helps of preventing it, and helping my clients heal in the aftermath of violence. Highly recommended.

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