

[PDF] Smile At Strangers: And Other Lessons In The Art Of Living Fearlessly

Susan Schorn - pdf download free book

Books Details:

Title: Smile at Strangers: And Other

Author: Susan Schorn

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Description:

From This curious book—part personal journey, part karate tutorial—explores how Schorn changed her approach to life through the study of karate. She first took up karate because she felt both powerless and fearful in her life. Through her experience at a women's-only karate school, she finds personal empowerment and a strong and supportive community. Schorn writes about how she is able to apply the lessons she learns in the dojo to her daily life, thus enabling her to negotiate more successfully with her husband and to help establish boundaries in her career and at home. Yet Schorn's transformation comes slowly; this is not a self-help book that delivers easy answers. Instead, in following Schorn as she pursues her two black belts, the book quickly makes apparent that transformative change comes with extensive work and no small bit of pain but brings with it the

ultimate satisfaction of finding inner strength. --Eve Gaus

Review "Funny, feminist-minded, ferociously sane, it's a motivational rap, an informal memoir, a samurai manual for the streets, and a liberal guide to living without fear all wrapped up in one black belt." -- James Wolcott, *Vanity Fair*

"A fascinating look at karate, fear, anger, physical discipline, mental toughness, Zen wisdom, and self-improvement." -- *Spirituality and Practice*

"The tale of her journey to empowerment is an engrossing and inspirational read." --*Publishers Weekly*, starred

"Although karate may not be the right discipline for some people, Schorn's experiences encourage women to stand up and fight for what they believe in, despite the odds, and to smile and enjoy the process while doing so. Useful, perceptive advice on life found through the practice of karate." -- *Kirkus Reviews*

"Funny, focused, and fierce with wiry wisdom, this memoir is a muscular meditation on living fearlessly. It's a sort of 'Code of the Samurai' for every 21st century person, written by a witty literature professor with a second-degree black belt and a keen eye for spotting human folly. Schorn breaks down our conventional understanding of confronting menace in the world with the same ease that she breaks planks of wood. A perfect, engaging read for tackling college, the workplace, marriage, or prison—basically anywhere humans congregate with complicated motives."

—Joe Loya, author of *The Man Who Outgrew His Prison Cell: Confessions of a Bank Robber*

"This book delivers a swift, lethal karate chop at pantywaistedness in all its forms. With huge amounts of wit and grace, Susan Schorn looks Adversity in the eye, and crushes that sucker's windpipe."

—Henry Alford, author of *Would It Kill You to Stop Doing That?: A Modern Guide to Manners*

"*Smile at Strangers* is an elegant, often hilarious, and very personal account of women who fight and the paths they take to fearlessness. If you're anywhere on that path—and if you love someone who is—it might be your most essential read of the year."

—Michael Erard, author of *Babel No More: The Search for the World's Most Extraordinary Language Learners*

"Eat, pray...kick ass. *Smile at Strangers* is the ultimate self-defense guide—from the liberation of the word 'no' to protecting yourself from overzealous Girl Scout troop leaders—all the while cleverly disguised as an insightful, grounded memoir with bursts of hilarity that hit you like a roundhouse. Delivered with self-deprecating candor, Schorn's life lessons learned at the dojo will resonate with anyone who's ever tried to remodel a house, raise kids, cope with a health crisis, navigate office politics or hyperventilated—essentially anyone who's ever been slammed on the mat while testing for the black belt of life. In fact, Schorn's skill at karate is only outmatched by her mastery at prose. Like the fighter herself, you can't put this one down."

—Mary Moore, author of *The Unexpected When You're Expecting: Clear, Comprehensive, Month-by-Month Dread*

"This is a memoir I'll be thinking and talking about for a long time. To begin with, the voice is unique—trust me, you've never heard anyone talk about coping with fear and anger the way Susan Schorn does. The writing is hilarious at times, dead serious when it needs to be, and always brilliant. The insights into the psychology of martial arts training—with special emphasis on the experiences of female students and teachers—is sure to launch a thousand discussions about violence, gender, confidence, and how to deal with alligators. I enjoyed this book thoroughly, and I will make sure

never to get into a fistfight with its author."

—Mark Salzman, author of *Iron and Silk*

"Susan Schorn is a badass black belt with a huge heart and generous wit. This inspiring, often funny tale of her journey—from a cowering, self-confessed "neurotic" to a martial arts master—is not just about the kick. It's about how the lessons of karate can be applied to women's daily lives to make us stronger and less fearful—as friends, mothers, wives, and professionals—no matter how we dress or where we go. *Smile at Strangers* is a power tool indeed. It's a swift chop to the myth that women need to live like victims in order to survive. It made me want to take up martial arts too—and keep reading."

—Susan Jane Gilman, author of *Hypocrite in a Pouffy White Dress*

"Hey readers! Time to put on your karate pants and crush some imaginary trachea! In *Smile at Strangers* Susan Schorn urges us to confront our fears in an increasingly scary world. Who knew that the highs and lows of the dojo held superb—and often funny— lessons for life? Schorn never suggests that karate is the only path, or even the best path. She is reminding us that we have a choice. We all experience fear, but we can choose our response to it. Overall, reading *Smile at Strangers* is sort of like watching samurai chanbara, only with more safety helmets and female bonding. You wince, but you can't look away."

—Rhoda Janzen, author of *Mennonite in a Little Black Dress*

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