



Hero Living: Seven Strides to Awaken Your Infinite Power

Rudy Reyes

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The star of HBO's *Generation Kill* and the real-life warrior from the *New York Times* bestseller presents his empowering philosophy.

In his publishing debut, Rudy Reyes introduces his warrior philosophy of "Hero Living": part Homer, part Joseph Campbell, part Bruce Lee, and part Spider-Man. He outlines the various stages in the journey to bring forth the hero within: recognizing the hero's call, following the hero's path, and returning from the battlefield with the hero's 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 hero's 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 sands of Iraq, and finally in his post-Marines life as a personal trainer, actor, and motivational speaker.

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