

Discipline is like a muscle – it simply needs to be trained



Marc Gassert
**Everything Is Heavy
before It Is Light**
[Alles ist schwer, bevor es
leicht wird]
More discipline and will power
through the wisdom of Shaolin

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Marc Gassert spent a large part of his life with various cultures on several continents, where he learned Asian martial arts under renowned great masters. In Munich he studied communication science and intercultural communication, and in Tokyo he studied Japanology. He now gives lectures on the transfer of knowledge between Far Eastern and Western cultures. With his interactive lectures, he makes regular appearances at the top events of international corporations.

Inner strength, will power, and astonishing physical control – these are the abilities for which the monks of the Shaolin monastery are admired worldwide. Marc Gassert was able to absorb these virtues during his many years in Asia with great masters. He shows that like the Shaolin we all can develop our mental potential to realise our goals.

Gassert comprehensively explains the basic rules as he makes the Far Eastern wisdom of the Shaolin applicable for our everyday Western life.

- Being at peace and productive with the virtues of the great masters
- The Tao of discipline
- Far Eastern inspiration for everyday Western life