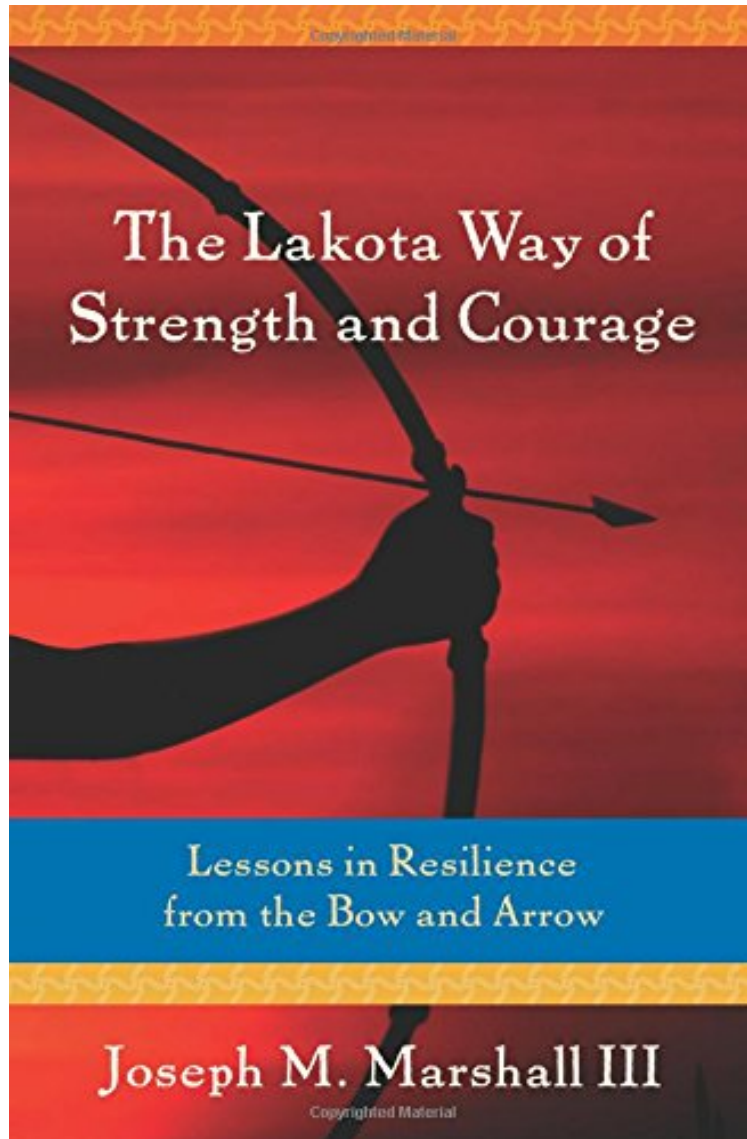


# The Lakota Way of Strength and Courage: Lessons in Resilience from the Bow and Arrow

Joseph M. Marshall III

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**Joseph M. Marshall III : The Lakota Way of Strength and Courage: Lessons in Resilience from the Bow and Arrow** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Lakota Way of Strength and Courage: Lessons in Resilience from the Bow and Arrow:

3 of 3 people found the following review helpful. Another great book full of Wisdom.By C. EvansThe Lakota Way of Strength and courage is written in consistency with Mr. Marshalls previous books. The lessons and wisdom discussed

are new and the information has not been written about in his previous books. Joseph continues to share his Grandparents Wisdom through the stories he grew up hearing, as the reader experiences these stories they get a true essence of who Joseph's Grandparents were and the lasting impact they left with him to share with all cultures. Mr. Marshall discusses how the bow and arrow came into the culture of his people. He discusses what the bow and arrow represent and the fact that they were more than just survival tools. I find the classic consistency of Mr. Marshall's writing as he enlightens us with his wisdom about life itself. The author has a unique style and grace with his heart-felt words as he discusses things that one would only know if raised within the Lakota culture, to receive these teachings is truly an honor beyond words. For those who have read Mr. Marshall's books and those who are new to this very talented author, this book is a must-read. Enjoy the journey!

2 of 2 people found the following review helpful. Actually I already had this book and had read it with great enthusiasm. By Michael S. Martin I had purchased this book several years ago while studying Indigenous societies, their religions, and cultures. Believing it to be a new publication, I ordered it again. I am quite appreciative of Marshall's sharing of the knowledge he was given by his elders. I now have several of his works in my library and have no intention of parting with them. In fact I utilized quotes from his books while preparing various papers for a Master of Arts degree with great success. My desire is to encourage more people to purchase his works and to discuss the various manners in which our Western society can benefit from the teachings and examples of life styles and qualities of humanity the elders of the Indigenous peoples so aptly described by Marshall.

0 of 0 people found the following review helpful. Classic By TjU The man is a classic. His works are inspirational. I never tire of JM's writing.

In Lakota tradition, the bow and arrow were more than tools for hunting or battle. The bow's resilience and flexibility, the arrow's grace and power, the archer's focus and patience in these, we find the essential qualities for living a life of strength, purpose, and simplicity. In *The Lakota Way of Strength and Courage*, Joseph M. Marshall builds upon the central metaphor of the bow and arrow to provide a treasury of insights, stories, and irreplaceable wisdom. With eloquent prose and an elder's perspective, Marshall draws from traditional stories, the history of the Lakota, and his own experiences to offer timeless lessons on: Transformation what the journey of the Lakota people teaches us about preserving what is essential as our external circumstances change Simplicity the story of Grandmother Grass Braid, who understood that the more you know, the less you need to carry Purpose how the world unveils our purpose to us, as revealed in the story of the Keeper of the Winter Count Strength the moving story of Henry One Bull, and how adversity teaches us to develop the true core of our strength Resiliency the lessons of Grandma Red Leaf on facing the challenges of life with the best we have to offer

Joseph Marshall is a master storyteller who reveals profound principles of ancestral wisdom. In a brilliant weaving of metaphorical teaching, Marshall shares a treasury of insights for living a life of strength, purpose, and simplicity. This is such an important book for our times! Sandra Ingerman, author of *Soul Retrieval* and *Awakening to the Spirit World* Joseph Marshall weaves the magic of narrative storytelling with his own personal wisdom to beautifully portray the Lakota and Native American perspective of life and living. This book will make its readers see their own lives through a different filter and will contribute to a shift toward connected and fulfilling community. Ann Marie Chiasson, MD, Assistant Professor of Medicine, Arizona Center for Integrative Medicine, University of Arizona As the peoples of both the Western and indigenous world reshape themselves in response to our time of unparalleled changes, *The Lakota Way of Strength and Courage* provides us with a mirror in which we may all contemplate our reflection. This is a book in which a traditional story offers us an interesting bit of advice: If you do not know who you are, then it does not matter what you believe. In this book, Lakota lineage holder Joseph Marshall has made very good medicine indeed. Hank Wesselman, PHD, anthropologist and award-winning author of *Awakening to the Spirit World*, *The Bowl of Light*, and *The Spiritwalker Trilogy* In *The Lakota Way of Strength and Courage*, traditional elder Joseph Marshall gives us an in-depth, intimate view of pre-reservation Native American resourcefulness and values, as well as how they can inspire us to develop our own purpose, strength, and resilience. Nicki Scully, author of *Becoming an Oracle* and *Planetary Healing* *The Lakota Way of Strength and Courage* is an exquisitely crafted and inspiring book, representative of a vanishing genre of work from elders who have lived before our modern times. Lewis Mehl-Madrona, author of *Coyote Medicine*