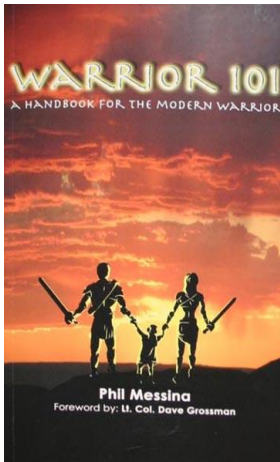


# *Warrior 101: A Handbook for the Modern Warrior*

By Phil Messina

Review by Chuck Soltys for ILEETA



Author Phil Messina, is a retired NYPD detective who spent a chunk of his career mixing it up with some of New York's toughest criminal predators. Out of sheer necessity, he became a tenacious street fighter. For many years now he has been training police officers on how to prevail in multiple assailant confrontations and other cutting edge defensive tactics. In recent years, however, he has learned from some challenges that were in many ways tougher than any he faced on the street; cancer and a devastating setback in his personal life. When many would have thrown up their hands and called it quits, Messina decided to search for the good which can be found in any adversity; that strength which not only drives one to persevere, but also may produce a refined knowledge that can have a positive impact on others. *Warrior 101* is the result of his contemplation.

The pages of *Warrior 101* contain messages, contemplations, and advice for making the reader not only a better warrior, but a better spouse, friend, and person. There are many wise and intelligent people in this world, both past and present, but there have been few true philosophers. Messina is just that...a philosopher. Each one page "chapter" in his book is designed to be read one chapter a day for 101 days, hence the title *Warrior 101*. Each chapter contains a message with insight and ends with an affirmation and gives the reader the opportunity to look deep inside himself. While this book may have been intended to read one chapter a day, each chapter leaves the reader wanting more. By design, the book can be read in sequence or in any order. The reader will undoubtedly want to keep this book close by for regular reference.

For hundreds of years, *Art of War* by Sun Tzu has been recommended reading for every serious warrior and tactician. *Warrior 101* is the new *Art of War* for today's modern warrior. A century from now when the world may be guarded by futuristic cyber warriors, *Warrior 101* may very well still be on the recommended reading list.

Messina has trained the minds and bodies of countless law enforcement officers and military personnel through his popular defensive tactics school. With this book, he trains the soul. As an added bonus, there is a Forward by Lt. Col. Dave Grossman and Messina has committed to donating \$1.00 of each sale to the ILEETA Trinity of Dedication Fund.

While this book is geared toward those who will go in harm's way, it will benefit people in any walk of life. This book receives the highest recommendation as one of the best works of its time.

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