

# Some New Kind of Kick Memoir: A Journey of Transformation and Healing Through Martial Arts

In her memoir, *Some New Kind of Kick*, author and martial artist Celeste Ng tells the story of her journey of transformation and healing through martial arts. It is a story of overcoming obstacles, finding strength, and discovering the power of the human spirit.



## Some New Kind of Kick: A Memoir by Kid Congo Powers

★★★★☆ 4.3 out of 5

Language : English

File size : 1769 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 288 pages

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Ng begins her story by describing her childhood as a shy and insecure girl. She was bullied by her classmates and struggled to find her place in the world. In her early twenties, she was diagnosed with an autoimmune disease that made her feel even more isolated and alone.

One day, Ng decided to take a martial arts class. She was immediately drawn to the physicality of the practice and the sense of community among the other students. Martial arts gave her a way to channel her anger and frustration. It also helped her to build confidence and self-esteem.

As Ng continued to train, she began to see changes in herself. She became more physically fit and strong. She also became more mentally and emotionally resilient. Martial arts helped her to overcome her fears and to believe in herself.

Ng's memoir is a powerful and inspiring story of transformation and healing. It is a story that shows the power of the human spirit to overcome adversity and to find strength and healing in unexpected places.

### **Overcoming Obstacles**

Ng's journey was not without its challenges. She faced many obstacles along the way, including her autoimmune disease, her lack of confidence, and her fear of failure. However, she never gave up. She continued to train and to push herself, even when things were tough.

Ng's story is a reminder that we all face challenges in life. However, it is important to remember that we are not alone. There are people who care about us and who want to help us overcome our obstacles.

### **Finding Strength**

Through martial arts, Ng discovered her own inner strength. She learned that she was capable of more than she ever thought possible. She also learned that she was not alone. She had a community of fellow martial artists who supported her and helped her to believe in herself.

Ng's story is a reminder that we all have the strength to overcome our challenges. We just need to find it within ourselves.

### **Discovering the Power of the Human Spirit**

Ng's memoir is a testament to the power of the human spirit. It is a story of how one woman overcame adversity and found healing and strength through martial arts. Ng's story is an inspiration to us all. It shows us that anything is possible if we believe in ourselves and never give up.

If you are looking for a book that will inspire you, motivate you, and help you to believe in yourself, then I highly recommend *Some New Kind of Kick*. It is a powerful and moving memoir that will stay with you long after you finish reading it.



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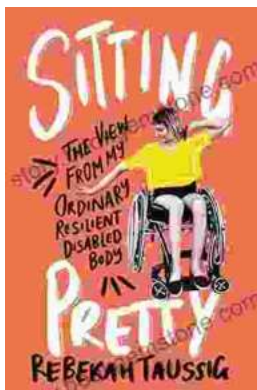
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