



The Way of Aikido: Life Lessons from an American Sensei

By George Leonard

Penguin Putnam Inc. Paperback. Book Condition: new. BRAND NEW, The Way of Aikido: Life Lessons from an American Sensei, George Leonard, A fifth-degree black belt in the revolutionary martial art of aikido and co-owner of an aikido school in Mill Valley, California, George Leonard is, "the granddaddy of the consciousness movement" (Newsweek). Leonard is president of the Esalen Institute and founder of Leonard Energy Training (LET), a practice inspired by aikido that offers alternative ways of coping with everyday issues. In this book he applies ancient techniques, physical and spiritual, to the battles we wage every day in both our public and private lives. Along the way, Leonard shows us unique and effective ways to: -- cope with sudden, often brutal, setbacks in our lives -- and turn them into gifts for growth-- develop ki, or positive energy, to enhance vitality-- use the aikido principle of "blending" to deal with verbal and psychological attacks. With an already large following, George Leonard now brings the valuable wisdom of aikido to a wider audience.



READ ONLINE
[4.82 MB]

Reviews

Basically no terms to clarify. It is actually written in basic terms rather than confusing. I found out this ebook from my dad and I suggested this book to find out.

-- **Elinore Vandervort**

If you need to add benefit, a must buy book. I could possibly comprehend every little thing out of this composed e pdf. I am quickly could get a enjoyment of looking at a composed book.

-- **Mrs. Mariam Hartmann**

You May Also Like



[Bully, the Bullied, and the Not-So Innocent Bystander: From Preschool to High School and Beyond: Breaking the Cycle of Violence and Creating More Deeply Caring Communities](#)

HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso's groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



[History of the Town of Sutton Massachusetts from 1704 to 1876](#)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...



[The Frog Tells Her Side of the Story: Hey God, I m Having an Awful Vacation in Egypt Thanks to Moses! \(Hardback\)](#)

Broadman Holman Publishers, United States, 2013. Hardback. Book Condition: New. Cory Jones (illustrator). 231 x 178 mm. Language: English . Brand New Book. Oh sure, we ll all heard the story of Moses and the ten plagues of Egypt a hundred times....



[The Red Leather Diary: Reclaiming a Life Through the Pages of a Lost Journal \(P.S.\)](#)

Harper Perennial. PAPERBACK. Book Condition: New. 0061256781 Never Read-12+ year old Paperback book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! *...



[The Forsyte Saga \(The Man of Property; In Chancery; To Let\)](#)

Scribner Paperback Fiction. PAPERBACK. Book Condition: New. 0743245024 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!!!! * I am...



[The Cap: The Price of a Life](#)

Grove Pr. Hardcover. Book Condition: New. 0802116590 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST with FREE tracking!! *...