

The Life Giving Sword Secret Teachings From House Of Shogun Yagyu Munenori

This first full Yagy? history in the English language recounts how, through a succession of misfortunes beyond their control, the Yagy? clan first lost its independence, then its castle and finally its lands. Yet it was in the very depth of those bleak years, that its leader, Yagyu Muneyoshi, began his clan's remarkable recovery.

Mei Ling, Raj, Emily and Solomon have no idea why they have been selected for this assignment. Together they must learn to trust each other and decipher truth from illusion in search of the seven secrets of the universe. Mother Nature is finally ready to regenerate the planet, tired of human misuse and abuse. Human beings will join the regeneration process only if these four International School students are able to discover the Seven Secrets in time. A master of illusion will do everything in her power to stop them with obstacles - both inner and outer. Beijing is the setting for this adventure of the spirit.

The first English translation of a seventeenth-century philosophical exploration of Japanese swordsmanship offers strategic advice in the tradition of "A Book of

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Five Rings."

"He Walks with Dragons" takes place when what was, what is, and what shall be were one in the same. Draig, a boy on the verge of his manhood, is summoned to the majestic mountain by the Great Ones. There he finds out he is about to transcend the ages and risk his life to prevent the destruction of mankind. Born into the naïve innocence of ancient man, Draig lives a simple pastoral existence in a quiet, small village. But one day he is flung on a magical journey into a forbidden new world. There, Draconos, a dragon, befriends the boy, training him in the art of warfare. From this day forward, the young boy finds himself in awe at the wonders the world holds for him. Not only has Draig become a man, but he is living like a dragon and learning their mystical powers. "From the time Man first crawled upon this earth...we found him worthy to take his rightful place among the creatures that walk upon the earth. While hiding in the shadows, we have protected him. We have nurtured him all these many ages. But now man grows in great numbers and makes war on everything he sees." And when the time comes, will Draig be willing to lay down his life for the sake of saving the dragons? And when the dragons are gone, where will he go? He is no longer just a man.

Upton Sinclair, one of America's foremost and most prolific authors, addresses

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the cultivation of the mind and the body in this 1922 volume. Sinclair's goal was to attempt to tell the reader how to live, how to find health, happiness and success, and how to develop fully both the mind and the body. Part One: The Book of the Mind covers such subjects as faith, reason, morality, and the subconscious. Part Two: The Book of the Body develops such subjects as errors in diet, the fasting cure, food and poisons, work and play, and diseases and their cures .

This is a translation of an important classic on Zen swordfighting. Yagyu's Buddhist spirituality is reflected in his central idea of the life-giving sword' - the notion of controlling an opponent by the spiritual readiness to fight, rather than during the fight. This is a translation of an important classic on Zen swordfighting. Yagyu Munenori was so widely renowned that he was appointed official sword instructor to two Tokugawa shoguns. (The position was always coveted by Miyamoto Musashi, but he never succeeded in gaining the post). Yagyu's 'Soul of the Samurai contains modern translations of three classic works of Zen & Bushido. In Soul of the Samurai, bestselling author and respected translator Thomas Cleary reveals the true essence of the Bushido code or Zen warrior teachings according to 17th-century Japanese samurai master Yagyu Munenori and his Zen teacher Takuan Soho. The three works of Zen & Bushido translated

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in Soul of the Samurai are: The Book of the Sword by Yagyu Munenori The Inscrutable Subtlety of Immovable Wisdom by Takuan Soho The Peerless Sword by Takuan Soho Yagyu was a renowned swordsman and chief of the Shogun's secret police, while Takuan was the Zen spiritual mentor to the Emperor. This samurai philosophy book contains the first English translations of their seminal writings on Bushido. Clearly not only provides clear and readable translations but comprehensive notes introducing the social, political, and organizational principles that defined samurai culture—their loyalty to family, their sense of service and duty, and their political strategies for dealing with allies and enemies. These writings introduce the reader to the authentic world of Zen culture and the secrets behind the samurai's success—being "in the moment" and freeing the mind from all distractions, allowing you to react instantaneously and instinctively without thinking. In these classic works we learn that Zen mental control and meditational training were as important to the Samurai as swordsmanship and fighting skills.

The Life-Giving Sword: Kazuo Chiba's Life in Aikido spans modern Japanese history and ranges across the world to tell the story of a man with a mission - to understand and transmit the modern martial art of Aikido. It's a story full of struggle and heartbreak that will leave the reader with a new appreciation of an

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immigrant's achievements and the transformative power of a unique physical and spiritual practice.

There is perhaps no more potent symbol of the samurai era than the sword. By the seventeenth century in Japan, the art of swordsmanship had begun to take on an almost cult-like popularity. Swordsmanship was more than a mastery of technique; it was a path toward self-mastery. The Swordsman's Handbook is the definitive collection of writings by men who saw the study of swordsmanship not only as essential to life and death, but as something that transcended life and death as well. Their teaching, that dealing with conflict is an art that requires grace and courage, speaks to us today with surprising immediacy and relevance. Included in this collection are writings by Kotada Yahei Toshitada, Takuan Soho, Yagyu Munenori, Miyamoto Musashi, Matura Seizan, Issai Chozanshi, and Yamaoka Tesshu.

The Way of the Living Sword is the final installment in D.E. Tarver's popular Warrior Series. It stands beside The Book of Five Rings by Miyamoto Musashi as one of the greatest writings of the warrior mind. In The Way of the Living Sword, Munenori gives an in-depth explanation of the connection between physical martial arts and the mental process of Zen. While Munenori and Musashi were both avid students of Zen, Munenori was more fascinated by the academic

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aspects of the philosophy. Munenori stretches the consciousness of even the most enlightened martial artist. Martial arts devotees will experience many flashes of revelation as Tarver explores the various aspects of Munenori's approach. Read and grow!

A be-speckled, be-freckled, funny-looking little fellow, named Pete, bewilders his teacher, his classmates, as well as his parents, by his unabashed positive attitude about everything. "Yep, I'm as perfect as I can be. Nothing can upset me, no, no, not me!" It doesn't matter what befalls Pete, or what tries to trump his good nature, he is steadfast in his determination to see things in a positive light. And, how did he acquire this happy point of view? You'll have to read the book to find out.

"A farmer and entrepreneur, Chase is a man of many abilities. Now he is being asked to use those abilities, and his own particular skills with a sword and bow, to assist an alien planet. This means trading a valuable resource that the planet harbours to convince the Inter-galactic Federation to repair its failing sun" -- Back cover.

The Life-Giving Sword Secret Teachings from the House of the Shogun Shambhala Publications

This 17th-century text written for the education and guidance of Japanese

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warriors delineates the ethics, morality and daily duties of a class of people dedicated to honor and courage. William Scott Wilson holds a master's degree in Japanese language and literature.

The life force, also known as “spirit,” is the essence of being and the conscious and most important form of energy. Living energy is personal and within our conscious control, and by learning about it, we can use it to transform our life into vibrant and meaningful expressions of who we really are. Consciousness is purely energetic and therefore difficult to quantify in mechanistic terms. It is the characteristic of living energy and is the foundation of awareness. Consciousness is the thread running through all life. Living Energy is an introduction to the process of mystic spirituality. The reader is encouraged to attain a deep and meaningful connection to the divine with expanded awareness. The principles given in this book are equally relevant to the novice and the advanced practitioner. Robert explains how we may reveal our hidden potential by shifting our perception away from what is customary and comfortable to open the doors to greater spiritual awareness.

Alise has uncovered a web of family secrets reading her mother's journals that connect to the lives of those closest to her. Now she has to contend with her new career as Director of Global Charity at TG and the irresistible Tyler Moore, while

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harboring secrets of her own. Tyler Moore is new in town and wants to make his mark on the world as the new Director of Marketing at TG, but at the same time he wants Alise Addison with a passion he's never known. Tyler becomes engrossed in Alise's life as an old flame from her mother's past returns to exact revenge, while also harboring a secret that threatens a relationship between them. Together Alise and Tyler are about to discover that every family has their secrets and some family secrets should stay hidden. Excerpt: My Secrets: Book Two in The Secret Series "You've known about this for weeks! Alise, I trusted you and you lied to me! What else are you keeping from me?" He really didn't want me to answer that question because it was a truckload of secrets. "As a matter of fact you know what don't answer that! You were right. You're just like your mother!" Spot the difference is an amazing activity that boosts your child's fine-ground perception. Fine-ground perception is the skill that would allow children to see in-between the negative spaces. This makes it possible to locate hidden objects, which is an important element to learning math and reading. Don't forget to checkout with a copy of this activity book today!

The legendary seventeenth-century swordsman Yagyu Munenori was the sword instructor and military and political adviser to two shoguns—and a great rival to Miyamoto Musashi. Despite his martial ability and his political power, Munenori's

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life was spent immersed in Zen teachings. These teachings formed the framework for his deeply spiritual approach to sword fighting. Munenori saw in the practice of the sword a way to transform the student into a total human being. The Life-Giving Sword is Munenori's manifesto on his approach. His central themes are the "life-giving sword"—the idea of controlling one's opponent by spiritual readiness to fight rather than by actual fighting—and "No Sword," which is the idea that the mind must be free of everything, even the sword itself, in order to get to the place of complete mastery. Munenori's ideas are applicable not only to martial arts but to business and human relations as well.

W'starrah Altieri can see the future, ranks high in her church, and is without question the most beautiful woman in the North Mark. But the prophecy she knows to be true will either break her heart, destroy her home or end her life. In 2002 ADR, the jewel of the southern empire is the city of Cryssigens, where life is an unending carnival of display, while intrigue brews beneath the surface. Nobles, guilds and House Cups scheme with and against each other, even in the best of times. But civil war stripped the city of its Overlord, and now factions emerge daring all in a bid to succeed to the throne. One of the leading lights of Cryssigensian society is W'starrah Altieri, the Lavender Lady, high-ranking priestess of the sect of Argens Stargazer; while others see only her dazzling

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beauty her eyes are filled with foreknowledge of the future. She willingly risks life and reputation to save her city, but juggling visions, rivals, suitors and the occasional assassin pushes the real world further from her grasp. Who could expect that in the midst of this she would meet the promised love of her life, or foresee that he too is doomed? "Perilous Embraces" is the third story in the Shards of Light saga set in the Lands of Hope. It is highly recommended that you read the preceding novels "The Ring and the Flag" and "Fencing Reputation" first.

With the revelation and capture of the killer creature; Charles, Elsa and the other survivors anticipate leaving the island and putting their deadly and terrifying vacation behind them. In an unfortunate incidence, the cunning creature escapes, sets out for vengeance and blood. The group is once again thrown in to a frenzied fight for their lives. The killings resume, and it is left up to Charles to remove the deadly threat to them all once and for all. He and Elsa's relationship has escalated; and as he prepares for battle, he is determined to survive to be with his one true love. In a final confrontation between Charles and the creature, a startling secret is revealed about Elsa's past; one that will change the couples lives forever, if they survive. The final battle ensues. Will Charles be the hero? Or will he and Elsa's love affair end on the island, along with their lives?

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If you're like most people, you can't afford to charter a yacht to the Bahamas on a moment's notice, nor can you take a week off work to attend a soul-cleansing spiritual retreat. So how is the busy, everyday, hard-working person supposed to find joy and passion in life? This is exactly the problem that Neil A. Panosian has spent most of his life trying to solve. A bartender and postal worker, the author felt uncomfortable with the rampant negativity in the world today and wanted to turn this discontent into something constructive—something the average person could use to increase their overall happiness, in just a few simple steps. So he started a blog dedicated to his pursuit of positivity, and quickly gained thousands of followers who were also looking for good ideas for improving their lives. Soon, he found that certain small actions were adding up to big rewards, and the rest is history. This fun-to-read book contains the best of the best—tools that can be used quickly and universally to increase joy, whether you're a busy professional, a blue-collar worker, or a single parent doing the best you can with little money or time.

This classic samurai-era text fused Japanese swordsmanship with Zen and influenced the direction that the art has taken ever since. Written by the seventeenth-century Zen master Takuan Soho (1573–1645), *The Unfettered Mind* is a book of advice on swordsmanship and the cultivation of right mind and

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intention. It was written as a guide for the samurai Yagyu Munenori, who was a great swordsman and rival to the legendary Miyamoto Musashi. Takuan was a giant in the history of Zen; he was also a gardener, calligrapher, poet, author, adviser to samurai and shoguns, and a pivotal figure in Zen painting. He was known for his brilliance and acerbic wit. In these succinct and pointed essays, Takuan is concerned primarily with understanding and refining the mind—both generally and when faced with conflict. The Unfettered Mind was a major influence on the classic manifestos on swordsmanship that came after it, including Miyamoto Musashi's Book of Five Rings and Yagyu Munenori's Life-Giving Sword.

The legendary seventeenth-century swordsman Yagyu Munenori was the sword instructor and military and political adviser to two shoguns—and was a rival to the great Miyamoto Musashi. Despite his martial ability and his political power, Munenori spent his life immersed in Zen teachings and practice. These teachings formed the framework for his deeply spiritual approach to sword fighting; Munenori saw in the practice of the sword a way to transform the student into a total human being. The Life-Giving Sword is Munenori's manifesto on his approach. His central themes are the “Life-Giving Sword”—the idea of controlling one's opponent by spiritual readiness to fight rather than by actual fighting—and

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“No Sword,” which is the idea that the mind must be free of everything, even the sword itself, in order to get to the place of complete mastery. Munenori's ideas are essential reading for martial artists of all kinds and can be applied to business and human relations as well.

THE Translation of this venerable Piece of Antiquity is undertaken upon a double Score; being designed as well to entertain the Curiosity of the Learned, as to supply the Defects of the Ignorant. If the original Language would have been more acceptable to the one, it would have been less intelligible to the other. I cannot, without uttering a Falsity, venture to affirm that so singular and valuable a Piece will be made Public, at least as yet: And in the mean Time I shall flatter myself, that this little Essay may contribute in some sort or other to the diversion, if not Instruction, of People in every Condition of Life. If this is well received, the other Parts will make their Appearance at proper Distances of Time. I publish no more at present, because I would not be thought to impose too much upon any one's Patience; as for losing my own Labour, I am under no bad Apprehensions about that; for the Reader cannot reject with a greater Disdain, than I have translated with Pleasure, the Contents of this Book.

Life Made Easy - The Secrets To Manifesting The Life You Desire is a precise 60 page Action E-Book Publication. Action E-Books are designed to implement real change in

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our lives via the reading experience. Never before in human history have our lives been so fragmented by the daily demands being placed on us and by the onslaught of technology and information overload. Action E-Books assist in addressing some of these dilemmas as they simplify and activate the skills required to survive and succeed in the 21st Century. This book uncovers the ancient secrets which lie behind the true purpose of our existence. Backed up by scientific proof, it works with the manifesting methods used throughout the ages to this day by seers and mystics to create the lives they desire. It explains how we too have that ability and reveals how we are able to recreate our lives as we would like them to be. Everything you need to know to begin the process of manifesting the life you truly desire is contained within this book. In fact, the pages are infused with this energy, and just through reading it the desired results will begin to magically happen.

You have found the key to the secret garden, now open the gates and marvel at the uniqueness of each plant and flower petal! Shower these flowers with colors and try to understand how individual lines and forms create unique patterns that deserve your focus and attention. So what are you waiting for? Secure a copy of this coloring book today!

How the samurai cultivated Zen, relating its teaching of a free and spontaneous mind to the experience of a warrior in individual combat, and finding philosophical strength in Zen as they prepared themselves for death.

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Jess has been in love with her best friend, Kate, for seven years, but her feelings have never been returned. One night they sleep together, and Jess finds out how much it is possible to be hurt by someone close. Jess and Kate struggle to redefine their friendship. They spend a week at Jess's family holiday house in a small seaside town, Awatangi, intending to make the time to talk things through, but the conversations never happen. Kate makes vague promises, but begins to have second thoughts. Jess wants Kate, and nothing else, and is heartbroken that isn't enough. Jess decides – while everything is changing in her life – that she doesn't want to go on living in the city, that she wants to return to Awatangi. Part of her hopes some physical distance between them may help things with Kate, and part of her – frustrated and upset – simply wants to leave Kate behind. In Awatangi, Jess meets Keri, a local lawyer who has also recently returned home. Like Jess, Keri surfs, and like Jess, she seems to feel some attachment to her family roots in Awatangi. Jess is drawn to Keri, but forces herself not to let anything happen. Despite everything, Kate is still Jess's closest friend, and she has loved Kate all her life. She feels she has to give the situation with Kate as long as she can to work itself out. Awatangi is about coping with feelings for a close friend that are not returned, set in a small holiday township on the West Coast of the South Island of New Zealand. It is an exploration of getting what you've always wanted and it not being enough, of being in love with one person and wanting another, and of finding out that life doesn't always turn out as expected.

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Reproduction of the original: An Old Chester Secret by Margaret Deland

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Can a rose survive in winter? Rebecca Veritas is eager to pursue her dreams as a clinical psychologist. After receiving a full scholarship for an internship, she leaves the quiet suburban town of Cedar Heights for the big city of Los Angeles. As she adjusts to her new surroundings, she finds solace in a mysterious antique bookstore. Yet, as her thoughts still linger on someone from her past, she is unaware that the present has the potential to haunt her the most. As time passes, a growing sense of unease quickly transitions into more disturbing events that make her question if all is as it seems.

When circumstances take an eerie turn, Rebecca will find herself a player on a larger scale than she had ever anticipated, a scale that could cause one to pay the ultimate price. In this riveting sequel to *I Thirst*, the adventures of Rebecca Veritas, the young, introspective dreamer with an inclination toward random insanity, continue.

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The epic tale of Grandmaster Sin Kwang The ?s extraordinary struggle and ultimate triumph to become the youngest Grandmaster in history. "The Last Grandmaster" artfully weaves the legendary stories of historic martial arts heroes with the Grandmaster¿s own life story, set against many riveting events in the history of modern China.

Miyamoto Musashi (1584?1645) was the legendary samurai known throughout the world as a master swordsman, spiritual seeker, and author of the classic book on strategy, the Book of Five Rings. Over 350 years after his death, Musashi and his legacy still fascinate us and continue to inspire artists, authors, and filmmakers. Here, respected translator and expert on samurai culture William Scott Wilson has created both a vivid account of a fascinating period in feudal Japan and a portrait of the courageous, iconoclastic samurai who wrestled with philosophical and spiritual ideas that are as relevant today as they were in his time. For Musashi, the way of the martial arts was about mastery of the mind rather than simply technical prowess—and it is this path to mastery that is the core teaching in his Book of Five Rings. This volume includes supplemental material on Musashi's legacy as a martial arts icon, his impact on literature and film, and the influence of his Book of Five Rings.

Vivia is a hag, one of the last of her race, and can die, visit the underworld and return at will. She has a job she loves—helping London's most vulnerable supernaturals, even if her colleague Malcolm drives her round the bend on a daily basis. Then Malcolm is outed as a zombie and, along with his teenage son Ben, flees the police. When Malcolm is captured, he is only able to pass on one message before his dead brain degrades completely: 'He killed me.' As Ben

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remains missing, the police find decades-old corpses hidden near Malcolm's house, and Vivia begins to realise there's a lot more at stake than just a possible zompocalypse...

If you are looking for a POLITICALLY CORRECT retirement book, you better keep looking ... because this book is not for you! If on the other hand, you want the real deal, a POLITICALLY INCORRECT and a NO BS approach to your retirement funding ... then you found the right book! If you believe taxes will be going up and you're worried about your safety net of Social Security and Medicare becoming just a distant memory ... you must read this book now! IN THIS BOOK YOU WILL LEARN: The dirty little secret about IRA's, 401(k)'s and other So Called savings plans. How to beat Wall Street and NEVER outlive your retirement money. How to become your own banker ... and virtually eliminate interest you pay to your bank and Credit Card Company. A unique retirement strategy that gives you: o The potential to achieve a large annual cash accumulations, while both your principal AND your gains are never at risk. o Penalty-free, tax-free access to your money. o Tax-free long term care type benefits. o Tax-free death benefit. Remember, it's your money, you only get one chance to get it right ... there are no do over's or second chances!

Do you want to finally, once and for all get to the place that you have always dreamed you would be by now? Do you want to experience love, joy, and peace that you have only imagined possible? Do you want to live free from fear and full of faith? In this book, I share my journey with you from my childhood to manhood. I will take you into my struggles and pain with my identity and sexuality, and through it you will be able to see yourself and identify with me. More than that, you will be able to feel the spirit and energy of freedom that comes as you read the pages and walk with me to a peaceful place of success and authenticity. This is not a writing

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for the sake of writing, but this book was a must that as you encounter the stories and principles herein, you yourself will be taking through the depths of your own life to help you to get to the desired place where you walk in true wealth and abundance that can only be realized through self-awareness and self-discovery.

Two old gods play chess to decide the fate of the galaxy. A hapless pawn is cast down upon the Earth. Mikha'il awakens, mortally wounded, on his crashed ship. He's saved by a young woman with unusual abilities. With no memory of his past and his ship destroyed, he has no choice but to integrate into her village. In stone-aged Mesopotamia, everyone must work or starve, but the only skill he possesses is an uncanny ability to kill. Ninsianna's people have prophecies of a time when a winged champion, a Sword of the Gods, will defend their people against an Evil One. Mikha'il insists he's no demi-god, but the dark premonitions sent to her by She-who-is say otherwise! Unbeknownst to them, Earth is about to become ground zero in a war between two ancient adversaries. The Emperors' armies are a dying race ... and humans hold the key to their survival. As love blossoms, the mysterious kidnappings of young women forces Mikha'il to choose between Ninsianna and his duty to complete a mission he can't quite recall. As fault lines open in the heavens, Mikha'il must teach his adopted people to raise armies from the dust to fight back against an enemy who remains unseen.

Due to its nonaggressive nature, aikido is rapidly becoming the martial arts form most preferred by law enforcement officers. Now, all readers can learn valuable skills needed to thwart an attack and subdue an aggressor in *The Secrets of Police Aikido*. In aikido, it is preferable to move out of the way of a punch, and it makes more sense to quickly take a person down, rather than stand toe-to-toe and punch it out. Readers of this book will develop a

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better sense of awareness and learn to control a situation by moving to positions of advantage and readiness. Chapters discuss the history of aikido, warm-up exercises, rules to keep in mind when approaching an opponent, maintaining self-control, and techniques for handling virtually any situation a reader may face. Anyone interested in the martial arts will find The Secrets of Police Aikido both valuable and necessary.

In "A Book of Five Rings," Miyamoto Musashi takes the reader into a world filled to the brim with devotion, self-respect, discipline, honesty and purity of thought. Written originally for warriors and samurai in a completely different time and culture, Musashi's book provides a remarkable source of inspiration for self-development today. His teachings are concise and to the point. He uses phrases like "you must understand this" and "you must practice diligently" and explains only general, but unquestionable and fundamental, concepts of the Way of the Warrior. While some of his guidelines are not directly applicable in our time and age, those about striving to achieve improvement on the inside as well as the outside couldn't be more on target. Taken literally this book is about how to become an efficient, albeit enlightened, killer. It's value comes from reading between the lines--lines which speak volumes.

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