



Mastery (Paperback)

By George Leonard

Plume Books, United Kingdom, 1992. Paperback. Condition: New. Reissue. Language: English . Brand New Book. The practical wisdom in George Leonard's book will have a great influence for many years to come. --Michael Murphy, author of *Golf in the Kingdom* and *The Future of the Body* Drawing on Zen philosophy and his expertise in the martial art of aikido, bestselling author George Leonard shows how the process of mastery can help us attain a higher level of excellence and a deeper sense of satisfaction and fulfillment in our daily lives. Whether you're seeking to improve your career or your intimate relationships, increase self-esteem or create harmony within yourself, this inspiring prescriptive guide will help you master anything you choose and achieve success in all areas of your life. In *Mastery*, you'll discover: - The 5 Essential Keys to Mastery - Tools for Mastery - How to Master Your Athletic Potential - The 3 Personality Types That Are Obstacles to Mastery - How to Avoid Pitfalls Along the Path . . . and more.



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Reviews

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This ebook is so gripping and exciting. It was written very flawlessly and valuable. I found out this publication from my dad and he suggested this ebook to understand.

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