



## 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 Gorge 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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