



## Living Zen! the Story of Zen with 26 Principles Practices for Helping You Succeed in Life!

By Boye Lafayette De Mente

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the early 1600s some of Japan s samurai who were not vassals of fief clan lords traveled about the country challenging other samurai to fight duels to the death as their way of training-a shogunate approved custom known as shugyosha [shuu-g yoh-shah] or samurai-in-training, The shugyosha who was to become the most famous samurai in Japan s history was a young man named Musashi Miyamoto, who fought his first duel when he was 13 years old. By the time Miyamoto was 28 he had killed over 60 other samurai in death duels, a dueling record that has never been equaled in any country where duels were a common practice. Somehow, at a very young age, Miyamoto had developed a fighting technique based on 13 principles and 13 practices that made him invincible-simply unbeatable by a single or multiple opponents. Miyamoto then retired from killing, but continued roaming the country, teaching his way of sword-fighting at the dojo of fief lords and staging demonstrations. The principles and practices Miyamoto created were based on the fundamentals of Zen: recognizing...



## Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

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