



Mastery: The Keys to Success and Long-Term Fulfillment

By George Leonard MD

Penguin Publishing Group, United States, 1992. Paperback. Book Condition: New. Reissue. 178 x 127 mm. 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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