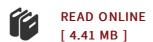




Mastery: The Keys to Success and Long-Term Fulfillment

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 pracitcal 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 BodyDrawing 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 achive success in all areas of your life.In Mastery, you ll discover: The 5 Essential Keys to MasteryTools for MasteryHow to Master Your Athletic PotentialThe 3 Personality Types That Are Obstacles to MasteryHow to Avoid Pitfalls Along the Path . . . and more.



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