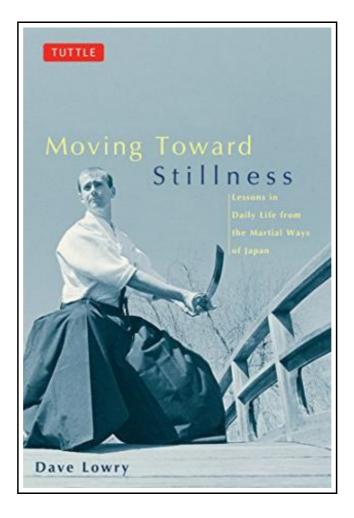
Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan



Filesize: 1.97 MB

Reviews

A really wonderful book with lucid and perfect reasons. This can be for all who statte there was not a worth reading through. You are going to like how the author write this book.

(Dr. Grady Jacobi DDS)

MOVING TOWARD STILLNESS: LESSONS IN DAILY LIFE FROM THE MARTIAL WAYS OF JAPAN



Tuttle Publishing, United States, 2000. Paperback. Book Condition: New. Original ed.. 226 x 152 mm. Language: English . Brand New Book. Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan is Dave Lowry s distillation of the most important lessons he learned in the years he s devoted to his martial arts training. Drawing from his highly regarded magazine columns in Black Belt magazine, Lowry sets out lessons that not only guide us to a deeper understanding of the social values and moral imperatives that are the ancient heart of budo, but speak to us also of the universal nature of those values and of how they remain relevant to us, in the modern West. Among the 45 chapters of this martial arts philosophy book you Il find lessons addressing everything from such well-known martial concepts as one encounter, one chance to the art of being alone, from strategy for the modern-day battlefield to the luxury of anger, from subduing the self and bending like the bamboo to maintaining an unwavering calm in the face of death. Essays include: The Way of the MasterExcess BaggageSwimming Round the StoneSimple ThingsEven if I DieNot Knowing, But Doingand more.

- Read Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan Online
- Download PDF Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan

Other PDFs



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

Read ePub »



Polly Oliver's Problem: A Story for Girls

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin was an American children's author and educator....

Read ePub »



Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

Read ePub »



The Village Watch-Tower (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author...

Read ePub »



Tales of Wonder Every Child Should Know (Dodo Press)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author...

Read ePub »