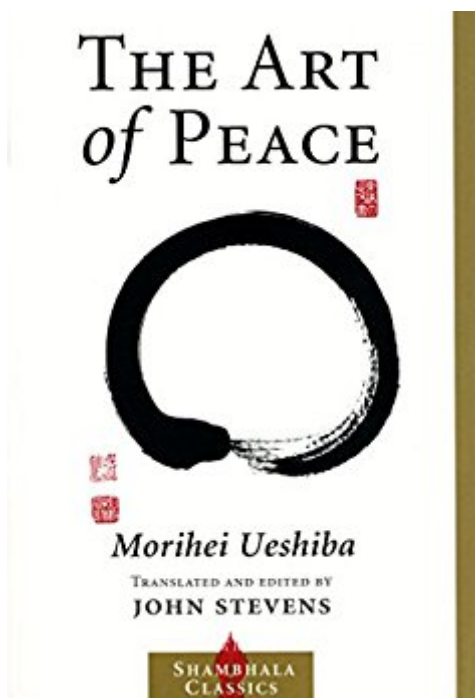


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The Art Of Peace (Shambhala Classics)



Synopsis

The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. The teachings are drawn from the talks and writings of Morihei Ueshiba, founder of the popular Japanese martial art of Aikido, a mind-body discipline he called the "Art of Peace," which offers a nonviolent way to victory in the face of conflict. Ueshiba believed that Aikido principles could be applied to all the challenges we face in life—in personal relationships, as we interact with society, and at work and in business. This edition is a much-expanded version of the original miniature edition that appeared in the Shambhala Pocket Classics series. It features a wealth of new material, including a biography of Ueshiba; an essay by John Stevens that presents Ueshiba's views on "The Art of War versus the Art of Peace"; newly translated dōka, didactic "poems of the Way"; and Ueshiba's own calligraphies.

Book Information

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Customer Reviews

Okay, I'll admit it. I picked up this little book after watching TWD's characters Morgan and Eastman

'redirect' attacks with their Jo staves like complete badasses. I'll also admit that only a Walking Dead fan would get the title of this review. I'm fairly certain this is the exact book is used in Season 6, Episode 4 "Here's Not Here" of AMC's The Walking Dead. If you want to see how an Aikido 'master' handles zombies in a post-apocalyptic setting, check out that episode. This book will not teach you Aikido but imparts the philosophy and wisdom of the founder Morihei Ueshiba. The compact size of the book makes it easy to slip in a pocket and get a daily dose of poetic and inspiring prose when your day allows. Each page has one or two sentences on it that are quick to read but require me to spend time contemplating the deeper meaning. Great supplement to The Secret Teachings of Aikido also by Ueshiba or even as an Aikido student!

I have the paperback and the small hard cover edition, but like the Kindle edition best. The extra two parts are solid, especially the history of Morihei Ueshiba. The art work is small but nicely incorporated. Good value for about \$5. The content is of course classic and needs no comment for those have read even a little of the art of peace.

New York Times Bestseller
The real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. So taught the great Morihei Ueshiba (1883-1969), founder of the Japanese martial art of Aikido. Aikido is a disciple Ueshiba called the "Art of Peace." It offers a nonviolent way to victory in the face of conflict, and he believed that Aikido principles could be applied to all the challenges we face in life - in personal and business relationships, as well as in our interactions with society. These succinct and pithy teachings are drawn from his talks and writings. The collection is compiled by the renowned modern Aikidoist John Stevens, a disciple of Ueshiba.

This book is eye opening in many ways. I am by no means religious, at least by typical standards which kind of interoperate certain sections much more different than I'm sure most who go on to read this book. The Art of Peace is a beautiful book that first gives you some background on the original author and how they developed into the person that introduces the Art of Peace and Aikido to the world, and then does a very good job of opening your eyes to see what it is really all about. I feel as if this book has allowed me to look at life and interaction with things and people around me in a completely different way than how I did before I read this book. I will definitely be reading this a few more times to further understand the fundamentals along with reading more material that brings more definition and angle of appearance towards aikido and the Art of Peace.

In a time where war and violence are a somewhat distant reality for most and is romanticized in almost every form of media, this book provides meaningful insight into both the benefits and struggles of times of peace. These teachings are universal for anyone seeking peace, both inner and outer, and can be meaningful to any endeavor.

Read a handful of pages every night. Its a super tiny book which took me by surprise, but very cute. Sometimes i carry it in my back pocket. It reminds me of the whole purpose as to why we are here, and truly.. the art of peace with the world, our surroundings, and ourselves.

I just got this little gem-of-a-book in the mail a few days ago from . This book is loaded with amazing aphorisms which I put on the same level or higher than "A Joseph Campbell Companion." I'm a serious student of the Gospel and find that the teachings of Morihei Ueshiba mirrors Jesus' teachings in a secular [and spiritual] way. As an example on page 141: [When someone stands in opposition to you, there is an even fifty-fifty split. Greet an opponent who comes forward, bid goodbye to an opponent who withdraws. Keep the original balance and your opponent will have nowhere to strike. In fact, your opponent is not really your opponent because you and your opponent become one. This is the beauty of The Art Of Peace.] And on page 97: [When your eyes engage those of another person, greet him or her with a smile and they will smile back. This is one of the essential techniques of The Art Of Peace.] Granted, this book probably isn't for everyone; however, if the two former quotes "sparks" something within your soul, then this book is for you!! I'm very sure that anyone whom buys and reads this book will be pleasantly comforted by its rich teachings!!

Very interesting read. If you like deep thinking and spiritually rewarding advice, you will love this book. I highly recommend it..

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