

The warrior mind: ancient wisdom from the martial arts for living a more powerful life

Pritchard, Jim, author

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Abstrak

In "The warrior mind", Jim Pritchard, a disciple of legendary Ninjitsu and Taijitsu masters, reveals how we can adopt the mindset of ancient warriors whether or not we practice the physical components of the martial arts. Pritchard describes six principles of the mind that are essential to the martial arts, and with colourful anecdotes, insightful examples and inspiring stories, shows how they can help readers maintain focus and balance-no matter what obstacles await them.