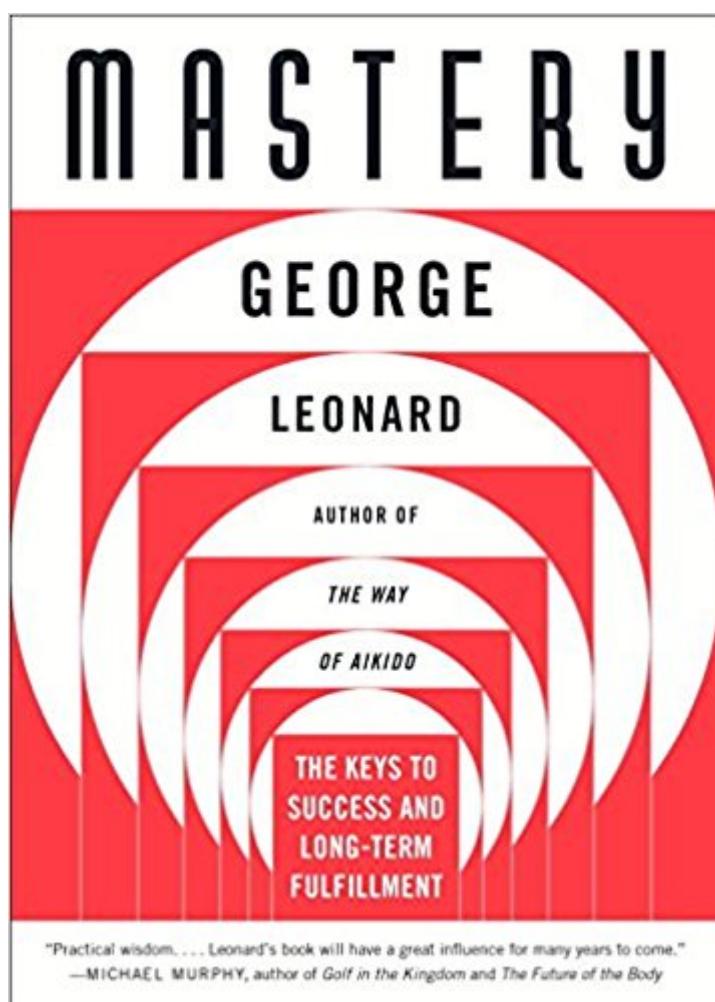


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# Mastery: The Keys To Success And Long-Term Fulfillment



## Synopsis

"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

## Book Information

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"George Leonard is a remarkable man who embodies what he teaches: an amazing curiosity, a passionate intelligence, and the rare combination of someone who has both a broad vision and the focused mastery of details." •Dean Ornish, New York Times bestselling author of *The Spectrum* "If he's right—and Leonard has been right so many times about prevailing zeitgeists that you have to wonder if he has a third eye—the upcoming decade might be known as the decade of mastery." •San Francisco Chronicle "George Leonard translates the wisdom of Zen into a self-help program for sticking with it—whether you want to learn aikido

or need support in realizing long-held goals." •The New Age Journal

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I reread this book every year. It's a great way to think about life and how to live it.

This book, although seemingly outdated, offers a fantastic look at the arduous road to mastery of practically any skill. It offers personality traits that commonly lead to unmastery (not always failure), steps to encourage mastery and so much more (not trying to spoil it). I'd recommend this book to anyone at any stage of life who is looking to find enrichment in what for many becomes such a mundane journey.

Nice read. He mainly speaks from personal experiences but it all makes sense and is solid advice. Quick and easy read, worth the time!

I cannot say how much I love this book. However, I know I had to be in the right place in my life to appreciate it. I will give copies to people as gifts for the rest of my life with full awareness that the timing could be wrong or right for them. As for me it will always be one of my favorite books defining my life vision as I move forward.

One of those books that will have a great and positive impact. Leonard has got it right. When you begin to apply mastery to the "in between" moments, which happens to be a big majority of life, it's a game. All the keys and principles are well explained and organized to easily understand and apply to every day and common place life. While the documentary film by the same name was a great inspiration, I found the book to be key.

Leonard is an Aikido instructor in Northern California, and once contributed an article on fitness and athletics to Esquire magazine which I always wished I had kept. Years later, I came across this book, and was thrilled to find that he was the author of that article. There are few pursuits which would not be enriched by the insights and principles of this little book. Unlike the great majority of self-help books, this one looks like the classics: it stays short, and doesn't lose its point in a plethora of unnecessary case studies, examples, and narcissistic autobiographical reflections. Leonard stays focused, doesn't waste his readers' time, yet provides all the information and motivation necessary to put the reader on the slow, steady track to success, whether it be in sports, in business, in the arts, or in a life enriched by all that. It's the antithesis of the quick fix: if you care enough about an endeavor to give your time to it, Leonard will tell you what the learning curve will look like, and will tell you that, if it matters, it's worth giving your lifetime to pursue.

Highly recommend. Why:- Quick read. About a little more than hundred pages.- Great mindset for learning a skill.- Some spiritual stuff to change your mindset to a more uplifting one.- Loved it.

Very insightful. I found the most useful part to be at the end which warns of the pitfalls in trying to change. This book is especially good if you want changes in your life that will last

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