

## **Training The Samurai Mind A Bushido Sourcebook Thomas Cleary**

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More than just a warrior well trained in the art of combat a

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Samurai was also a man of well-rounded studies and knowledge. I enjoyed the book especially because it took me inside the heart, soul, and mind of a Samurai warrior. It was enlightening to discover just how knowledgeable a man had to be to become a Samurai.

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Like the Samurai you need both physical and psychological exercises to stay physically sharp and mentally alert. You also need to continue training in your “weapons” – the special skills and techniques required by your field of endeavor – to survive and prosper. When an opportunity presents itself you need to be ready.

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collected writings on bushido by warriors, scholars, political advisors, and educators from the fifteenth through the nineteenth centuries that provide a comprehensive, historically rich view of samurai life and education. Last Drivers THE CHAIR GALEN CRANZ PDF DOWNLOAD

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