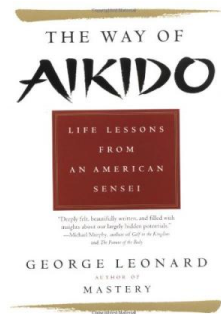


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THE WAY OF AIKIDO: LIFE LESSONS FROM AN AMERICAN SENSEI



Penguin Putnam Inc. Paperback Book Condition: new. BRAND NEW, The Way of Aikido: Life Lessons from an American Sensei, George Leonard, A fifth-degree black belt in the revolutionary martial art of aikido and co-owner of an aikido school in Mill Valley, California, George Leonard is, "the granddaddy of the consciousness movement" (Newsweek). Leonard is president of the Esalen Institute and founder of Leonard Energy Training (LET), a practice inspired by aikido that offers alternative ways of coping with everyday issues....

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