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## Samurai Mind: Lessons from Japan's Master Warriors (Classic texts on cultivating mental discipline and achieving victory) (Hardback)

By -

Tuttle Publishing, United States, 2016. Hardback. Condition: New. Language: English . Brand New Book. The Samurai Mind is a collection of five seminal Japanese texts that convey the essence of traditional samurai philosophy and ethics from very different, but complementary points of view. These texts range from the ferocious to the esoteric with their common thread being the importance of mastering one's own mind as the key to overcoming opponents. They were written from the mid-18th to early 19th century, the authors were acknowledged master samurai warriors keen to address a broader audience beyond their circle of students and acolytes. Their aim was to explain their craft to the outside world, and they do so with great insight. The classic Japanese texts are: The Mysterious Skills of the Old Cat, Sword Theory, A Treatise on the Sword, Joseishi's Discussions on the Sword, Ignorance in Swordsmanship. Four of the five texts presented here are translated into English for the first time making The Samurai Mind an important addition to the literature on Japanese martial arts and a valuable resource for all martial artists. This samurai philosophy book is an informative look at the samurai of Japan with particular emphasis on the warrior's relationship with his samurai...



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### Reviews

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