

# MASTERY

THE KEYS TO SUCCESS  
AND LONG-TERM  
FULFILLMENT



GEORGE LEONARD

AUTHOR OF *THE WAY OF AIKIDO*

"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*

# Resumo de Mastery: The Keys to Success and Long-Term Fulfillment

"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"

[Acesse aqui a versão completa deste livro](#)