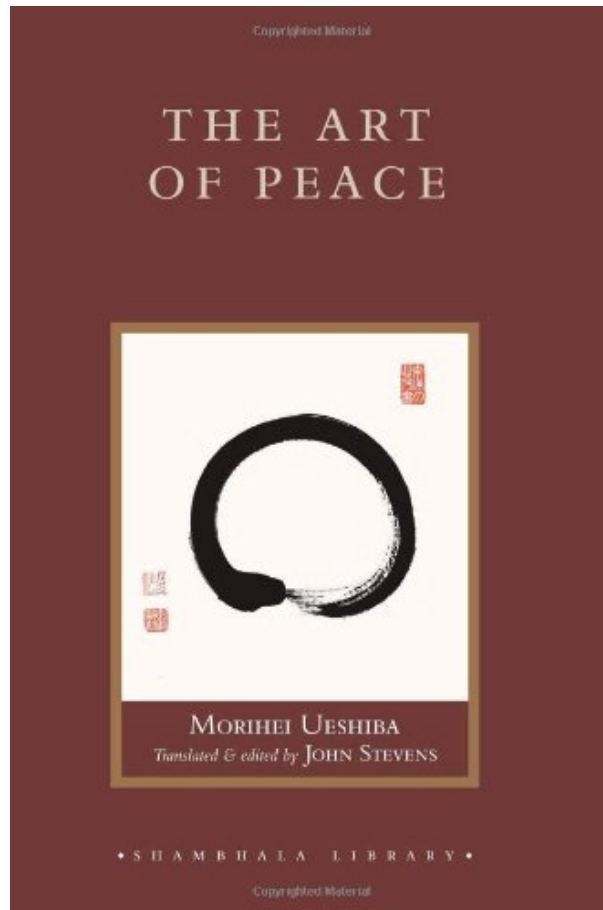


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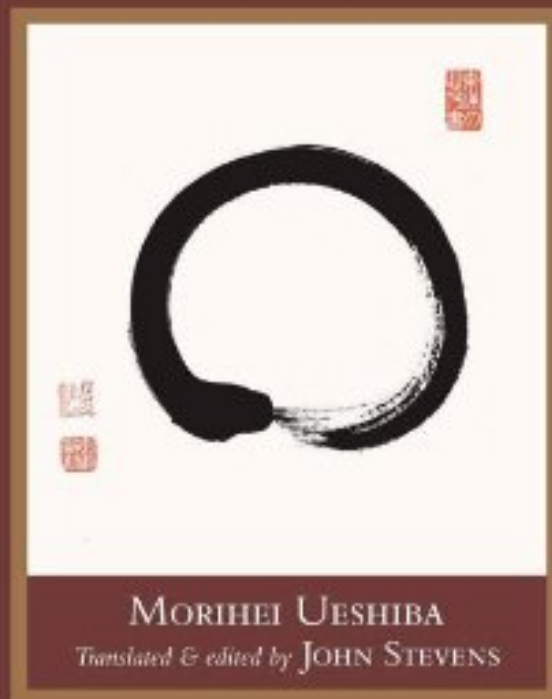


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The inspirational teachings in this collection show that the real way of the warrior is based on compassion, wisdom, fearlessness, and love of nature. The teachings are drawn from the talks and writings of Morihei Ueshiba, founder of the popular Japanese martial art of Aikido, a mind-body discipline he called the "Art of Peace," which offers a nonviolent way to victory in the face of conflict. Ueshiba believed that Aikido principles could be applied to all the challenges we face in life—in personal and business relationships, and in our interactions with society.

This is an expanded version of the original miniature edition that appeared in the Shambhala Pocket Classics series. It features a new introduction by John Stevens, recently translated doka, didactic "poems of the Way," and Ueshiba's own calligraphy.

- Sales Rank: #563141 in Books
- Published on: 2005-06-14
- Released on: 2005-06-14
- Original language: English
- Number of items: 1
- Dimensions: 7.00" h x .60" w x 4.40" l, .54 pounds
- Binding: Hardcover
- 208 pages

Most helpful customer reviews

89 of 95 people found the following review helpful.

Student of the Cheese Maker!

By Joshua B.

Okay, I'll admit it. I picked up this little book after watching TWD's characters Morgan and Eastman 'redirect' attacks with their Jo staves like complete badasses. I'll also admit that only a Walking Dead fan would get the title of this review.

I'm fairly certain this is the exact book is used in Season 6, Episode 4 "Here's Not Here" of AMC's The Walking Dead. If you want to see how an Aikido 'master' handles zombies in a post-apocalyptic setting, check out that episode.

This book will not teach you Aikido but imparts the philosophy and wisdom of the founder Morihei Ueshiba. The compact size of the book makes it easy to slip in a pocket and get a daily dose of poetic and inspiring prose when your day allows. Each page has one or two sentences on it that are quick to read but require me to spend time contemplating the deeper meaning.

Great supplement to The Secret Teachings of Aikido also by Ueshiba or even as an Aikido student!

9 of 9 people found the following review helpful.

Not What I Was Expecting, But Not Bad

By Christopher H

Like so many others I ordered this book because it was featured on The Walking Dead and with it being only a few dollars I decided it was worth buying. It wasn't exactly what I expected but was a good read nonetheless. I don't exactly see how Morgan could get his all life is precious philosophy from only reading this book but it does have a few philosophical phrases that I guess could be interpreted as such. This book is VERY short (I read the whole thing in under an hour) and is basically a collection of quotes and phrases from Morihei Ueshiba, the founder of Aikido, and arranged by a student - John Stevens. Many of the pages are only a couple sentences long and some pages are just of Japanese Kanji with the English translations. About 50% of it has to do specifically with Aikido and the other 50% has to do more with just life in general. All in all really not a bad book, it just wasn't what I expected. I'd definitely recommend this book to anyone who studies Aikido (I personally haven't, but as a martial artist I do know quite a bit about the art and am fascinated by it) or to anyone who enjoys short little poems about life. Actually, I think most people would benefit from reading this book because I'm sure almost everyone could relate to at least one quote in it. I may check out some of the other books by John Stevens as this has gotten me more interested in the art.

7 of 7 people found the following review helpful.

... to my significant other after learning one of our favorite characters from The Walking Dead based his life on ...

By Henry Herman

This was a Christmas gift to my significant other after learning one of our favorite characters from The Walking Dead based his life on it. If it's good enough for Morgan, it's good enough for us!

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