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Training

The Sourcebook

***Samurai
Mind A
Bushido S
ourcebook***

Short stories
about a woman
becoming a

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queen. Poetry,
Bushido
and drawings
Sourcebook

An illuminating
introduction to
the wonders and
mysteries of the
mind, by the
father of modern
hypnosis, George
H. Estabrooks,
covering such
subjects as

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memory
stimulation, time
distortion,
tapping the
subconscious
mind for creative
purposes, mind-
body
relationships,
paranormal and
extrasensory
perception (ESP),

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and much
more. Dr.

Estabrooks was instrumental in bringing the powers of hypnosis to the battlefield, by helping the U.S. military design and develop its hypnosis, remote-

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viewing, and ESP
Bushido
programs, which
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allowed the

Western powers
to stave off
crippling Cold War
attacks from the
Soviet Union and
other Eastern Bloc
organizations."Thi
s excellent book
should be

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required reading
for all who wish to
gain an

introductory and
insightful
understanding of
the human
mind..." -Dr.

Milton V. Kline "A
popular book
written by a
psychologist well

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qualified to hold
opinions on this
subject..." -The

Journal of the
American Society
For Psychical
Research"A
fascinating book
about the human
brain. Start
reading it, and
you won't put it

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down. The book
itself is hypnotic!"

-The Philadelphia
Record

You have a Bully.
You want to know
how to avoid its
bad behaviours,
right? Like pee at
home, bark a lot,
or even growling!
Then you need to

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know how to train
your dog, don't
you think? How to
educate it so you
don't need to
worry about pee,
growl, barks or
anything but a
good and healthy
dog. Here is where
this book can help
you.

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Though he
typically wrote
under the guise of
anonymity, using
an array of
pseudonyms and
pen names,
author and
thinker William
Walker Atkinson
was an
enormously

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influential figure
in the "New
Thought"

movement. In fact,
he is often
credited with
being the original
source of the ideas
that later
coalesced under
the term "the Law
of Attraction." The

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volume Thought-
Bushido
Culture offers an
Sourcebook
array of practical
tips for those who
are interested in
improving their
mental acuity.

Netopia

A Modern

Translation of the

Bushido

Shoshinshu of

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Taira Shigesuke
Bushido
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I Am Not My Hair
Run Yourself
Skinny: the
Beginner's
Training Guide for
Weight Loss

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Mind Your
Thoughts
The Never

Revealed Secret
Ways to Achieve
Greatness Using
Mind Mastery and
Neuroplasticity

The Book of Five
Rings is a text
on kenjutsu and
the martial arts

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in general,
Bushido written by the
Sourcebook Japanese
swordsman
Miyamoto Musashi
around
1643. Written
over three
centuries ago by
a Samurai
warrior, the
book has been
hailed as a
limitless source

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of psychological insight for businessmen—or anyone who relies on strategy and tactics for outwitting the competition. Budo is about learning more than how to fight; true budo is a way of

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seeking and
uncovering
meaning in life.

Here, Nicklaus
Suino, one of
the leading
iaido teachers
in North
America, gives
expert advice on
how to get the
most from
training in
traditional

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Japanese martial arts such as iaido, kendo, aikido, judo, kyudo, and karate-do. He reveals the essential components of budo training, including: • how to determine the principles behind

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techniques • how
to develop
physical
strength,
technical
strength and
strength of
character • how
to discipline
your mind to
really focus and
be in the
present moment

Please note:

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This is a
companion
version & not
the original
book. Sample
Book Insights:
#1 The Bow and
Arrow warrior
should be
objective and
perceptive in
regard to all
things. He
should not bring

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on eternal
disgrace by
solicitude for
his limited
life. He should
die when he
should, for the
sake of the sole
sovereign, or
serving under
the commander of
the military in
a time of need.

#2 People who

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should be in
civil service
demean
themselves,
thinking it
won't be easy
for them. They
forget that they
were born a
human, and
should aspire to
surpass the
masses and help
others. #3 The

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human mind can become good or bad, keen or dull, depending on how it's used. A person's prime is only about ten years long; during that period, they should enjoy everything. From the age of ten

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to fourteen or
fifteen, there
is no real true
enthusiasm for
things. #4 You
should never
base anything on
people, and
never deceive.
When it comes to
combat, you
should keep your
spirits up and
think there's no

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one stronger
than you. You
should consider
yourself a
source of
strength for
others, and
consider them
reliable too.

A Collection of
Thoughts,
Sayings and
Meditations on
the Way of the

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"It is said that what is called the spirit of an age" is something to which one cannot return. That this spirit gradually dissipates is due to the world's coming to an end. For

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this reason,
although one
would like to
change today's
world back to
the spirit of
one hundred
years or more
ago, it cannot
be done. Thus it
is important to
make the best
out of every
generation." —

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Tsunetomo

Yamamoto,

Hagakure: The

Book of the

Samurai A

formerly secret

text known only

to the Samurai,

Hagakure is a

classic text on

Bushido--the Way

of the Warrior.

More than just a

handbook for

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battle, Hagakure
Bushido
Sourcebook
is a text that
filled with
teachings that
still apply in
business,
political and
social
situations
today. This Xist
Classics edition
has been
professionally
formatted for e-

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contains a bonus
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leadership guide
and discussion
questions. We
hope you'll
share this book
with your
friends,
neighbors and

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colleagues and
can't wait to
hear what you
have to say
about it.

Modern
Translations of
Three Classic
Works of Zen &
Bushido
The Book of
Samurai

Training Secrets
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of the Japanese
Martial Arts

Kelpie. Kelpie

Dog Complete

Owners Manual.

Kelpie Book for

Care, Costs,

Feeding,

Grooming, Health

and Training.

The God Warriors

A Mind to Mind

Conversation

Today's teens and

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college students
are experiencing
tremendous

pressure in
everything from
sports to
academics while
bullying, negative
self talk, anxiety,
depression, eating
disorders, cutting
and suicides are

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increasing at
alarming rates.

Filled with real life
stories, this book
teaches teens and
young adults how
to silence the lies
and negative
thoughts in our
minds through
understanding the
different voices in

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our heads -- and
learning to shut up
the ones that are
tearing us down.
Christy Pierce, a
mom of three
teenagers, also
connects the
readers to other
practical help
including
counseling, crisis

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text lines, our shut
up website,
(encouraging
Instagram posts
designed by teens)
and prayer. Learn
how to say "shut
up" to the negative
voices tearing you
down, and
experience
hearing the voice

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of God who loves
you more than you
can possibly
imagine.

Hopelessly in a
funk with no
apparent way out,
mortgage industry
veteran, Mark
Stiles, grasped
desperately to the
only thing that

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could help:

CHANGE. For the past few years, Mark has been stuck in a life of mediocrity - unfulfilled and simply getting by..... Slowly, but surely, both his personal and professional lives

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have derailed and
are on a one-way
track to disaster.

Now, after a
chance encounter
with an old friend
and colleague in
the business, Mark
is presented with a
challenging
opportunity that
can radically

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change his life. A change that could not only allow him to achieve his dreams and provide an abundant life for his family, but a change that could inject long-forgotten purpose, meaning and

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fulfillment back into
his career and very
soul. Whether
you're a mortgage
veteran or a
newbie to the
residential
mortgage scene,
this book is
possibly the
answer to your
problems! It not

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only provides
solutions to the
issues you've
faced with loan
files, but it outlines
a proven, strategic
framework for re-
structuring your life
to reach all the
goals you've set
for yourself and
achieve unlimited

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success. The only
question is: are
you prepared to hit
the Reset button
and change?

Reproduction of
the original: The
Group Mind by
William McDougall
The ancient
warrior culture of
Japan produced a

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sophisticated
Bushido
Sourcebook
martial philosophy
that we know

today as

Bushido—the Way
of the Warrior. In
Samurai Wisdom,
author Thomas
Cleary provides
five critical new
translations of
major Japanese

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works on Bushido.
Bushido
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The writings of the
scholar Yamaga
Soko and his
disciples are
among the most
lucid expositions
we have of the
core ideas and
philosophy
underlying the
Samurai's

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disciplined way of
life and outlook.
Together they
provide an in-
depth, practical
guide to character
building and
conduct according
to the precepts of
Bushido—a code
for professional
warriors that

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retains as much
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relevance in
today's world as it
had when these
works were written
400 years ago.
Yamaga's writings
inspired the
transformation of
the Samurai from a
feudal class of
warriors under the

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command of the
Shogun to a group
of prominent
individuals with
significant
intellectual,
political and moral
leadership and
influence. The
works translated in
Samurai Wisdom
for the very first

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time are as
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timeless and
essential today as
the works of Sun
Tzu, Musashi and
Clausewitz. The
five Japanese
works on Bushido
translated in
Samurai Wisdom
are: The Way of
the Knight by

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Warrior's Rule by
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Tsugaru Kodo-shi
Essentials of
Military Matters
compiled by
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Takatsune The
Education of
Warriors by
Yamaga Soko
Primer of Martial

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Education by

Yamaga Soko

Samurai Wisdom

On the Origin of

Mind

Prisoner of the

Mind

Silence the

Negative Thoughts

in Your Head

Is This Poetry?

The Japanese Art

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of War
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Yoga Therapy
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Theory

"The need for scientific knowledge springs from a natural human curiosity to understand our world, but also from a genuine desire to help humanity. The great scientific discoveries have given us incredible knowledge about the

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natural world, have improved our lives through new technologies, and have taught us a great deal about the capabilities and the limitations of our human perspective." In *The Mind of Science: From Aristotle to Einstein*, author Michael Sidiropoulos takes you on a thought-provoking journey

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Surobook

through the history of
science from a
philosophical
standpoint. Beginning
with the calculation of
the size of the earth by
Eratosthenes, chief
librarian at the Library
of Alexandria,
Sidiropoulos for the
most part avoids the use
of mathematical
formulas as he explores
the ideas, and ideals,

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that lie behind scientific advancement throughout the ages. It's a fascinating voyage that will enrich you with a greater awareness of the interplay between science and philosophy-how they're similar, how they're different, and how they complement each other.

"If you believe that the broad aim of clinical

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instruction is about teaching medical procedures, you're wrong. Whether an attending, a faculty member, or a another type of clinical instructor, believing this can hinder the learning process." Even though UMI published the first edition nearly two decades ago, Gary DePaul's research

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findings and implications are even more relevant today. From interviews with family-practice specialists from the Carle Clinic Association, Dr. DePaul discovered certain training techniques to be more effective at building specialty-interest area expertise while responsibly

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protecting patient safety and care. In addition, he discovered how a three-way, interlocking dilemma influences how specialists develop their specialty-interest area.

New in the second edition: - Preface and Introduction to the second edition - New chapter structure - Content improvements to readability and

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corrections - Glossary of
Bushido
terms

Learn the ways of the
Japanese Bushido Code
with this very readable,
modern translation of
the Bushido Shoshinshu.
Code of the Samurai is
a four-hundred-year-old
explication of the rules
and expectations
embodied in Bushido,
the Japanese Way of the
Warrior. Bushido has

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played a major role in shaping the behavior of modern Japanese government, corporations, society, and individuals, as well as in shaping modern Japanese martial arts within Japan and internationally. The Japanese original of this book, Bushido Shoshinshu, (Bushido for Beginners), has been

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one of the primary sources on the tenets of Bushido, a way of thought that remains fascinating and relevant to the modern world, East and West. This handbook, written after five hundred years of military rule in Japan, was composed to provide practical and moral instruction for warriors, correcting

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wayward tendencies and outlining the personal, social, and professional standards of conduct characteristic of Bushido, the Japanese chivalric tradition. With a clear, conversational narrative by Thomas Cleary, one of the foremost translators of the wisdom of Asia, and powerfully evocative line drawings by master

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Samurai Mind A
illustrator Oscar Ratti,
Bushido
this book is

indispensable to the
corporate executive,
student of the Asian
Culture, martial artist,
those interested in
Eastern philosophy or
military strategy, as well
as for those simply
interested in Japan and
its people.

Soul of the Samurai
contains modern

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translations of three
classic works of Zen &
Bushido. In Soul of the
Samurai, bestselling
author and respected
translator Thomas
Cleary reveals the true
essence of the Bushido
code or Zen warrior
teachings according to
17th-century Japanese
samurai master Yagyu
Munenori and his Zen
teacher Takuan Soho.

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The three works of Zen
& Bushido translated in
Soul of the Samurai are:

The Book of the Sword
by Yagyū Munenori

The Inscrutable

Subtlety of Immovable

Wisdom by Takuan

Soho The Peerless

Sword by Takuan Soho

Yagyū was a renowned
swordsman and chief of
the Shogun's secret
police, while Takuan

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was the Zen spiritual
mentor to the Emperor.

This samurai philosophy
book contains the first
English translations of
their seminal writings on
Bushido. Clearly not
only provides clear and
readable translations but
comprehensive notes
introducing the social,
political, and
organizational principles
that defined samurai

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culture—their loyalty to family, their sense of service and duty, and their political strategies for dealing with allies and enemies. These writings introduce the reader to the authentic world of Zen culture and the secrets behind the samurai's success—being "in the moment" and freeing the mind from all

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distractions, allowing
you to react

instantaneously and
instinctively without
thinking. In these classic
works we learn that Zen
mental control and
meditational training
were as important to the
Samurai as
swordsmanship and
fighting skills.

Samurai Mind
From Aristotle to

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Einstein

The Future of the
Human Mind: a Study
of the Potential Powers
of the Brain

Overcoming Your
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Crabism

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Cleary's Training the

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Successfully and
Lose Weight Are you
looking to lose
weight? Then you're
in the right place,
because running is
one of the most
simple and effective
forms of exercise.
When you start your
running program**

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**and stick to it, you
will lose weight, have
more energy, and
feel much fitter and
healthier. No matter,
what your current
fitness level is, this
guidebook will teach
you everything you
need to know to
successfully lose
weight running. It
includes an 8-Week**

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will guide you
through your
running training. By
reading this book,
you will learn: The
benefits of running
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right running shoes
How often to train
Common mistakes
How to prevent
injuries The right**

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history, part martial

arts guide, this is

THE book for

anyone interested in

Japan's fabled

Samurai culture.

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**Author Alexander
Bennett is the
ultimate
insider—holding
multiple black belts
in Kendo and
Naginata, as well as a
Ph.D. in Japanese
literature and
history. In this book
he shares his vast
personal experience
and knowledge with**

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readers seeking to undertake their own personal quest in the Japanese martial arts. Bennett outlines the Japanese history of Bushido and the Samurai—from early times up until the present. Then, as only someone steeped in this world can, he surveys the

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contemporary
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martial arts scene
and provides the
essential knowledge
young foreigners
need to find a
teacher and learn
successfully. Unlike
any other book on
this subject, Japan
The Ultimate
Samurai Guide is
written by a

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**Japanese speaker
who has studied and
taught martial arts
in Japan for many
decades. Chapters
include: The Real
Samurai The
Concept of Bushido
Development of the
Japanese Martial
Arts Martial Arts
Masters You Should
Know About Budo in**

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**Japan Today Key
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Japan Survival
Guide Written in a
down-to-earth and
easy-to-read style,
this book will
captivate anyone
interested in Japan,
as well as martial
arts teachers and**

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**practitioners around
the world. With both
history and humor,
this vividly
illustrated book has
a more personal
touch than many (for
example, read up on
"Fifteen Famous
Japanese Cultural
Indiosyncrasies" and
Bennett's favorite
martial arts movies).**

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**As Bennett says,
"This book is
supposed to be
genuinely from the
heart. Without the p
retense...misconceptio
ns or romantization
that often
accompanies martial
arts."**

**The Samurai Mind is
a collection of five
seminal Japanese**

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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

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**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**

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**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**

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**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**

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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 sword—the most fabled weapon in history—and on his need to cultivate

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**mental discipline to
achieve his goals.**

**The first installment
in a multi-volume
guide on the lost arts
of the
samurai—presented
in the English
language for the very
first time Antony
Cummins and
Yoshie Minami have
brought the**

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**teachings of the
famed samurai
school Natori-Ryu
back to life through
The Book of Samurai
series. This first
installment is a
translation of two
secret scrolls and
establishes the
Fundamental
Teachings of a
samurai student,**

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revealing the basic traditions of Natori-Ryu. The first scroll, Heika Jodan, contains 290 lessons that define the baseline for samurai during times of peace—a time which is considered as preparation for war. It focuses each student on

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**expanding their own
ability and conduct,
giving them the mind-
set needed for any
battles to come. The
second scroll, Ippei
Yoko, moves the
student onto the field
of battle. It provides
them with an
understanding of
what is expected
during a campaign of**

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**war and the
necessary guidance
for samurai who are
to take up arms for
the first time. These
first two Natori-Ryu
documents are an in-
depth and detailed
account of the
practicality of
samurai warfare,
opening up the lost
world of these**

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**Japanese warriors to
all modern readers.
Obedient-Dog. Net
Code of the Samurai
Mind Games
The Book of Five
Rings (Annotated)
Understanding the
Culture of Strategy
Fortitude
Great Trainers
Make It Happen
Mind Your**

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Thoughts is a book that will help you quiet and focus your thoughts so you speak directly to your unconscious state of being in a language the mind understands. Meditation is nothing more than relaxation,

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**and in a
meditative state,
your conscious
can relax and
allow you to
speak directly to
the unconscious.
The unconscious
is in charge of
your life, even
though you allow
your conscious
to be in control.
If you want to**

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**experience
change in your
life, you need to
learn to bypass
the conscious
control which
can be described
as critical,
analytical, and
most of all
judgmental.
Meditating
through
relaxation is how**

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**you reprogram
your unconscious
with new**

**concepts and
information. The
unconscious
learns by
applying this
information
against the
storage of all
your memories,
experiences,
reactions, and**

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Samurai Mind A
Bushido
So much more
accepting of
change because
it processes
information
without
judgment. You
will see both
mental and
physical changes
resulting from
this process.

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Samurai Mind A
Bushido
Sourcebook

**Practice with the
thoughts in this
book; your
unconscious will
understand even
if your conscious
seems confused.
Mind your
thoughts and
experience a
human
metamorphosis
from the inside
out. The purpose**

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Samurai Mind A
Bushido
Secrets

**of meditation is
to quiet the
mind. Meditation
removes the
clutter of
thoughts from
everyday life,
and also helps
you to get in
touch with your
higher
consciousness. It
does take
practice, so do**

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Samurai Mind A

not become discouraged. Set aside 45 minutes each evening before you go to sleep. Sit in a quiet room, in a comfortable and relaxed position wearing loose clothing. Close your eyes and take a deep breath in

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Samurai Mind A

**through your
nose and let it
out slowly
through your
mouth. With
each breath in,
clear your mind
of all thoughts,
and feel your
body relax.
Repeat this 9
times before
beginning. This
book contains 81**

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Samurai Mind A
Bushido

**thoughts for you
to meditate on.**

**There are 9 sets
of 9 thoughts
each. Start with
Set One and
allow 5 minutes
of meditation for
each thought.
After your initial
warm up of 9
deep breaths,
read the first
thought of the**

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Samurai Mind A

**first set. Close
your eyes and
continue your
deep breathing
as you reflect on
the thought and
what it may
mean to you and
your life. Think
of nothing else.
Repeat this with
each thought
until you
complete Set**

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One. It will take you at least 9 evenings to get through all of the sets in the book. You may want to repeat a set over and over again before moving on to the next set. Eventually, you will have your favorite thoughts that

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Bushido

**you will want to
dedicate your
meditations on.**

**Most people
enjoy thoughts
of wisdom, but
rarely take the
time to
internalize them
enough to be life
changing.**

**Practice
mindfulness in
life and create**

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Bushido
Sourcecode

**ripples that will
forever change
your life. This is
not an
instructional
book on the art
of meditation.
Written by an
expert dog
whisperer and
dog owner, the
Kelpie Complete
Owner's Manual
has the answers**

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Bushido

**you may need
when
researching this
tireless herding
breed. Learn
about this highly
energetic, very
smart, purebred
and find out
whether or not
this outstanding
working dog will
be the best
choice for you**

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Samurai Mind A

and your family.

**Learn everything
there is to know,
including little
known facts and
secrets and how
to care for every
aspect of the
Kelpie 's life.**

**This manual
contains all the
information you
need, from birth
to the Rainbow**

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Samurai Mind A

**Bridge, including
transitioning
through house
breaking, care,
feeding, training
and end of life,
so that you can
make a well-
informed
decision about
whether or not
this dog is the
breed for you. If
you already have**

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Samurai Mind A

a Kelpie, this book will teach you everything you need to know to make your dog a happy dog and to make you a happy dog owner. The author George Hoppendale is an experienced writer and a true animal lover. He

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**enjoys writing
animal books
and advising
others how to
take care of their
animals to give
them a happy
home. Co-Author
Asia Moore is a
professional Dog
Whisperer,
Cynologist and
Author, living on
Vancouver**

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Island, off the west coast of British Columbia, in Canada, who believes that all humans and dogs can live together in harmony. She and her dog whispering team, which includes an 8-year-old Shih Tzu named

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Boris, teach dog psychology to humans, to help alleviate problem behaviors that arise between humans and their canine counterparts so that everyone can live a happy and stress-free life together. Covered in this

Page 112/200

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book: -

**Temperament -
Pros and Cons -
Vital statistics -
Before you buy -
Choosing the
right dog -
Finding a
breeder - Puppy
proofing your
home - The first
weeks - Health
and common
health problems**

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**- Medical care &
safety - Daily
care - Feeding -
Bad treats and
snacks - Good
treats and
snacks - House
training -
Grooming -
Training -
Poisonous Foods
& Plants - Caring
for your aging
dog and much**

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more.

**Utilizing and
effectively
employing the
power of your
mind and your
brain are
essential
prerequisites for
achieving
anything great in
life. However,
when it comes to
the development**

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Bushido
Simplified

**of their own
mind power or
brain power
many people are
clueless. They
are not even
aware that they
possess the
means of
changing their
brain's circuitry
through
neuroplasticity
based**

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techniques.

**Neuroplasticity
or brain**

**plasticity refers
to the brain's
ability to change
and adapt as a
result of
experience. The
brain actually
has the ability to
reorganize itself
by creating new
neural pathways.**

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**So how do you
go about
increasing your
mind power as
well as your
brain power so
that they are
both operating
at an optimal
level In his book
entitled Mind
Power: The
Never Revealed
Secret Ways To**

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**Achieve
Greatness Using
Mind Mastery
And
Neuroplasticity
author John
Waters shows
you exactly how.
He gives you a
thorough
understanding of
how your brain
functions and
provides you**

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**with the tricks
you need to
achieve your
greatest self-
whether that be
your most
creative,
attractive,
intelligent,
intuitive, or
athletic side.**

**"On the origin of
Mind' is a
detailed**

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**description of
how the mind
works. It
explains the
dynamics from
the neuronal
level upwards to
the scale of
group behaviour,
society and cultu
re."--Publisher's
website.**

**Mind Power
Vision of Insanity**

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**Lessons from
Japan's Warrior
Culture - Five
Classic Texts on
Bushido
Budo Mind and
Body
The Mind of
Science
The Group Mind
A Bushido
Sourcebook
Through the**

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ages, the
samurai have
been

associated
with honor,
fearlessness,
calm, decisive
action,
strategic
thinking, and
martial
prowess. Their

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ethos is known
Bushido
Sourcebook
as bushido,
the Way of the
Warrior-
Knight. Here,
premier
translator
Thomas Cleary
presents a
rich
collection of
writings on

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bushido by
warriors,
scholars,
political
advisors, and
educators from
the fifteenth
century
through the
nineteenth
century that
provide a

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comprehensive,
historically
rich view of
samurai life
and
philosophy.
Training the
Samurai Mind
gives an
insider's view
of the samurai
world: the

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moral and
Bushido
psychological
Sourcebook
development of
the warrior,
the ethical
standards they
were meant to
uphold, their
training in
both martial
arts and
strategy, and

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the enormous
role that the
traditions of
Shintoism,
Buddhism,
Confucianism,
and Taoism had
in influencing
samurai
ideals. The
writings deal
with a broad

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range of
subjects—from
military

strategy and
political
science, to
personal
discipline and
character
development.

Clary
introduces

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each piece,
putting it
into

historical
context, and
presents
biographical
information
about the
authors. This
is an
essential read

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for anyone
interested in
military
history and
samurai
history, and
for martial
artists who
want to
understand
strategy.
Yoga therapy

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holds the key
to effectively
addressing
stress and
lifestyle
diseases.

Conventional
medicine is
useful for
alleviating
symptoms, but
yoga therapy

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that is
grounded in
traditional
theory
identifies and
addresses
causes deeper
than the
physical body.
Yoga therapy
practices
build

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resistance to
stress and
increase
Sourcebook

resilience.

Kazuo Keishin

Kimura is a

Raja Yoga

Acharya who

has devoted

himself to

making

traditional

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yogic wisdom
Bushido
accessible in
Sourcebook
Japan. With
this English
translation of
his book, he
hopes to
contribute int
ernationally
to yoga
therapy's
development as

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a respected
modality. In
this book,
Kimura points
out how
traditional
yoga theory is
missing from
modern-day
yoga
instruction.
He then

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explains

traditional

yoga's view of

the mind-body

complex as

five koshas

(sheaths),

each with

specific

functions and

attributes.

Just as

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medical
doctors
examine
patients
before
deciding on
treatment,
yoga
therapists
must obtain
informed
consent and

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Bushido
Sourcebook
assess the
conditions of
all koshas.

Understanding
yoga's horse-
drawn chariot
metaphor for
human
structure and
function is
also helpful
to see beyond

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symptoms and
to identify
root causes of
disease.

Kimura
skillfully
guides readers
to understand
these two
theories of
human
structure and

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function, and
illustrates
how they can
be
incorporated
into both yoga
therapy
assessment and
practice.

A medieval
world, a
expert in 21st

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Century
Pushido
Guerrilla
Sourcebook
Warfare. What

would happen
if the two
combine?

Something dark
is brewing on
a planet far
across
dimensions,
threatening to

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eat its way
through the
thin

boundaries of
time and
space. On the
planet
Corvalis, just
as war is
near, the gods
send a
champion to

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Bushido
Sourcebook

defend the
lands from
evil. A simple
man from
Earth, John is
selected to
inhabit the
body of a
warrior of
this strange
new world, in
the hopes that

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Bushido
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he might guide
kingdoms to
not only

victory, but
also the
survival of
multiple
races. He is
the gods'
champion, and
his arrival
signals the

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precursor to a
great unknown
conflict. The
Korath. The
Illian. The
Wolven. The
Dark Ones.
Kingdoms of
different
cultures and
species clash
as they

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struggle to learn about this new champion, and prepare for the coming conflict. But John soon discovers that the gods do not always work together.

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Soon more
champions
arrive, and

the
inhabitants of
Corvallis grow
concerned.

There has
never been
more than one
champion.

Ever. As the

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kingdoms
wonder what
disaster

awaits them,
fear grips the
world, as
tension
mounts. But
John will not
permit total
annihilation
to overcome

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the
inhabitants of
Corvalis for
one very good
reason. There
is a United
States Marines
with a bad
attitude, and
no mercy,
about to open
up one huge

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can of whoop
ass on their
foes and the
enemy doesn't
stand a
chance.

Because
Marines are
always
faithful!

Approximately
87,000 words.

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Professionally
edited by Bill
De Herder:

Author of
Creative
Wordsmithing.
Discusses the
impact of
ancient
Japanese
philosophy and
the ancient

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strategies of
Bushido
the art of war
Sourcebook
on Japanese
attitudes and
behavior in
social,
business,
political, and
personal life
Alternative
Types of
Learning in

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Clinical Speciality-Interest
Areas of Family-Practice
Medicine
An Insider
Looks at the
Japanese
Martial Arts
and Surviving
in the Land of
Bushido and

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Japan The
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Ultimate
Samurai Guide
Lessons from
Japan's Master
Warriors
How to Use
Your Mind; a
Psychology of
Study
The

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Fundamental
Teachings
Modern Methods
Based on
Traditional
Teachings of
Human
Structure and
Function
**"Mental toughness
is the natural or
developed**

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**psychological edge
that results from a
collection of skills,
attributes, values,
emotions, and
behaviors that allow
people to overcome
any obstacle,
adversity, or
pressure as well as
deal with the general
day-to-day demands
(lifestyle, training,
competition) placed**

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upon them and still remain consistent, focused, confident, and motivated to achieve their goals."Fortitude is a guide for high performing athletes and business professionals on understanding mental toughness, how to build and sustain it over time.

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**Kate Allgood built
her business
helping individuals
like you learn what it
takes to perform
under pressure. In
this book you'll
discover: - What you
need to know to
build real and long
lasting confidence-
How to improve the
ability to focus and
refocus - The power**

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of mindfulness- How
Bushido
Sourcebook
to build motivation
in yourself and
others - And much,
much, more! "Kate
is a force in the
sports business and
with her new book
she brings the best
insight directly to
your field of play."
Jeremy M. Evans,
Founder of and
Managing Attorney

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at California Sports
Bushido
Lawyer(R) "If you
Sarrak
want to step up your
game, your
business or just kill
it in life, Fortitude is
an easy to read
guide to do it."- Majo
Orellana - Pro
Athlete, Coach and
Entrepreneur
**ATTENTION
TRAINERS: It's Not
About YOU - It's**

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**About the
LEARNER! What is
the biggest mistake
a trainer can make?
Quite simply, it is
focusing all of their
efforts on
themselves and not
their students! Many
inexperienced
trainers fall into this
trap, but it doesn't
have to happen to
you! This book**

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**provides easy-to-
execute examples
that, when utilized,
will make any rookie
trainer look like a
seasoned pro in just
one day! You will
learn how to
structure the
classroom
experience in such a
positive way that I
guarantee it will
make a difference in**

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**your professional
life and in the lives
of your participants.
The techniques
outlined in this book
will help you to
become the Great
Trainer you have
always wanted to be
- because although
good trainers may
know these
methods, Great
Trainers make it**

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**happen! Inside, you
will discover how to:**

**-Create an inviting
physical and
emotional learning
environment for
your students. An
inviting learning
environment leads
to higher levels of
participation,
retention, and on-
the-job application!**

-Be less of an

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Bushido
Suzukobok

**instructor and more
of a "Tour Guide."**

**Utilizing tour guide
techniques will
make your class any
thing-but-ordinary,
causing people to
look forward to your
next event! -Utilize
Great Trainer
techniques whether
you're facilitating a
5-day course, a
60-minute training**

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session, or a

15-minute

presentation! -Apply

the techniques that

will help you go

WACCO for your

participants -

without spending a

dime! Get on the

road to continuous

training

improvement and

start reading!

Training the

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Bushido Sourceboo
kShambhala
Publications

**"Love your neighbor
like yourself" is a
divine
recommendation
which too often
takes just the
opposite way in the
midst of the human
community.**

Unfortunately, this

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**fact is observed
across every race
and religion in this
earth. At different
levels of course, we
tend to behave like
crabs toward our
fellow men. It means
that we are
hypocrites, wicked,
envious, insincere,
jealous, hateful; all
this, just for
shellfish reasons.**

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**Let us love one
another like he has
loved us. This is the
key to peaceful and
loving cohabitation.
This is the antidote
against this social
and spiritual cancer.
The Essential Guide
to Building and
Sustaining Mental
Toughness
Playing Out of Your
Mind**

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Reset

Race and Religion

**Hagakure: The Book
of the Samurai**

Running

**Or Practical Mental
Training**

Explains the
practical aspects of
exercise physiology
and modern
coaching, including
energy systems, the

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aerobic and
anaerobic thresholds,
VO2 max, running
economy, muscle
fibers, and more. In
addition, it covers
how these ideas
should inform both
your day-to-day
workouts and the
underlying
philosophy that

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forms the foundation
of your training
program.

The perfect reality is
just a thought away,
but it comes at a
chilling price. In a
near future world, a
social network by
the name of MINDS
gifts its users with
the unique ability to

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communicate
directly by thoughts
and recreate reality
by their deepest
fantasies and desires.

In the MINDS
network, desires are
actualized in a spilt
of a second and
unwanted elements
erased from reality.

The advanced

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algorithms of
MINDS enable the
user to virtually visit
any place in the
world or in history
within seconds, in an
utterly realistic three-
dimensional reality.
Humans can use
their mind to
determine
everything they

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please - from the weather to the way their friends look like and behave. But the ultimate comfort comes at a price, and the unexpected results reveal the grand plan behind MINDS. What stands behind this magnificent social

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network, and what
are the consequences
when the virtual
merges with the
actual? Netopia
follows the heroes of
the network in the
days before its
establishment,
through its launch,
relationships and
love, and the

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unexpected change it
wreaks on the
enthusiastic users
who had no idea
what awaited them
the moment they
gave up control over
their minds. Is the
MINDS network a
dream come true or a
nightmare come to
life? Netopia is

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beyond science
fiction: it is a
groundbreaking
novel that explores
the implications of
communication
technology on
human nature and
society, the
preference of
warmth for realistic
animal doll pets but

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coldness towards
humans. the novel
speaks to the

connected and to the
disconnected, to the
great minds and the
Neverminds.

Netopia is a
gleaming hope and a
dark warning. So,
where is your mind?

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Hairnigans.

Friendship. Big

Dreams. The

previously scheduled

life Maya Hatton

planned has been

interrupted for an

emergency broadcast

announcement. A

news station

manager threatens to

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destroy over twenty years of brand and image building with a new contract from hell. Her husband Roddreccus moved into the rental property and refuses to move home without explanation. Instead of finding confidence, fun, and

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freedom as she enters her mid-fifties she's faced with crises. Fans believed she had it all together but her dream team lost a member, a villain hijacked her fairy tale marriage and now she needs to remember how to be

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the Maya everyone
thinks she is or lose
the best thing she
ever had. Natural
Sistahs series is
written by an
African American
author whose chosen
her natural hair since
1998. While one of
many indie
published black

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authors she
considers her books
appropriate for the
women's fiction
category though
most would be
shelved in the black
fiction, black books,
African American
women's fiction, or
black women's
fiction section in

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most physical
bookstores.
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Are you losing the
battle with your own
low self-esteem? Do
you want to
overcome anger
control issues and
self-control
problems? Do you
want to break free
from the bondage of

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sexual immorality
Bushido
Sourcebook
and the power of
pride? In Mind

Games, Kayode
Enwerem draws on
the experience of
speaking to tens of
thousands of people
with self-doubt and
negative thought
questions to offer
proven and powerful

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methods for using
Bushido
Christian guidance
Sourcebook
and scripture to
overcome fear and
regain self-
confidence and self-
control. Mind Games
offers direction that
anybody in any life
situation can quickly
and easily apply to
gain victory over

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strongholds. You too
can be transformed
by the truth of Bible
scripture resulting in
freedom and victory
for the child of God.

In this book, you
will learn the
valuable instruction
about: * How to
recognize your
Giants* Overcoming

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Fear; the number
one tactic of the
enemy* How to
realize the purpose
of fighting the giant*
How to overcome
the seed of Self-
doubt associating
you with your past*
The secret of
defeating the Giant,
thereby improving

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self-esteem for men
and women*
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Discover God's true
greatness and
overcome
strongholds in life.
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Life's Need to Re-
represent Itself
Thought-Culture
Bully Training
Secrets

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Soul of the Samurai
Training the Samurai
Mind

Shut Up

Do you ever feel like you could do more with your life, but you don't know where to start? Do great ideas keep going through your mind, barely changing from year to year? Do you need the tools to get you

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going in the right
direction? This book has
one purpose: To help
you make your dream
come true, no matter
how big that dream
might be. To change
your life you need the
desire to change and the
commitment to make
that change possible
through action. Mind to
Mind Conversations
will help start you on

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the path to a new life.

In her debut, Ashley Garcia explores themes of love, feminism, and struggling with mental illness as a young woman in today's era. Is This Poetry is a collection of poetry that takes the reader on a three year journey that weaves through the murky waters of early womanhood that will

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resonate through
generations.

Prisoner of the Mind -
Spiritual Self-

Improvement Personal
Development We have
the largest prison
population in the world
in America today, but
how many men and
women were locked up
in their minds before
they got to prison?

Prisoner of the Mind by
Page 195/200

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Jeff Hairston is much more than a self improvement book- it's a personal development tool that can help you overcome your fears and FINALLY live your life as God intended.

"Prisoner of the Mind" by Jeff Hairston is a thought provoking book aimed at helping you find a spiritual balance in life and to break free

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of the prison of negative
thoughts and emotions
that your mind has

created over the years.

Jeff artfully guides you

through the many

aspects of life that

plague our minds today

intertwining important

lessons with examples

from his own life story.

Fear is one of the most

important emotions

when experienced in the

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right way. It can help us
in life threatening
situations by keeping
our mind on high alert.
but what happens when
fear comes into contact
with the ego? That very
same fear that is there to
save you can also stop
you from living a
normal, healthy life -and
in some cases even kill
you! It's all about using
the fear to your

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advantage and being
consistent and persistent
against it. Many of the
issues plaguing our
mind are created by past
life events that are left
unresolved. "Prisoner of
the Mind" asks the
important spiritual
questions and expertly
tackles negative
personal issues to help
you better understand
and overcome the prison

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that your own mind had
created. Break free from
the personal prison that
your own mind created -
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