

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

George Leonard



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Drawing on Zen philosophy and his expertise in the martial art of aikido, bestselling author Gorge 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 achive 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
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