



EL ARTE DE LA PAZ (Spanish Edition)

Morihei Ueshiba

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Las enseñanzas recopiladas en este libro proceden de las charlas y escritos de Morihei Ueshiba, fundador del popular arte marcial japonés conocido como aikido, una disciplina psicofísica que él denominó “arte de la paz”, y que ofrece un camino no violento hacia la victoria frente al conflicto. Ueshiba consideró que los principios del aikido podían aplicarse a todos los desafíos a los que nos enfrentamos en la vida: en las relaciones personales, al interactuar con la sociedad, en el trabajo o los negocios. Esta edición de El arte de la paz incluye además una biografía de Ueshiba, un ensayo de John Stevens que presenta las opiniones de Ueshiba respecto al “arte de la guerra frente al arte de la paz”, unos extraordinarios poemas didácticos y caligrafías del propio Ueshiba.



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