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## Journey to the Heart of Aikido: The Teachings of Motomichi Anno Sensei

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By Holiday, Linda

Blue Snake Books, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service!  
Summary: "This book is a treasure of wisdom from the heart of a true peacemaker, offering a tangible experience of interbeing as well as practices we can use every day to cultivate well-being and compassion." --THICH NHAT HANH, Zen master and author of Peace Is Every Step "The sublime life and teachings of Morihei Ueshiba are authentically presented in Journey to the Heart of Aikido through the lifelong training of Motomichi Anno as well as Linda Holiday's amazing dedication and research. As one who studied with the Master in his tiny nightly class right after World War II, I am overjoyed that the essence of what I witnessed and learned in Japan's countryside sixty-five years ago is now available to the public in the Western world." -- KAZUAKI TANAHASHI, author of Brush Mind ; co-translator of Aikido by Kisshomaru Ueshiba, under the direction of Morihei Ueshiba "Entertaining, insightful, at times humorous, but always compelling. Linda Holiday's Journey to the Heart of Aikido is a monumental work that documents the teachings of Aikido master Motomichi Anno, a direct student of the art's founder,...



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### Reviews

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*This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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