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Titolo	Soul of the samurai [[electronic resource] /] / [edited] by Thomas Cleary
Pubbl/distr/stampa	North Clarendon, Vt., : Tuttle Pub., c2005
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Descrizione fisica	1 online resource (160 p.)
Altri autori (Persone)	ClearyThomas F. <1949-2021.> YagyuMunenori <1571-1646.> Takuan Soho <1573-1645.>
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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Martial arts : the book of family traditions / by Yagyu Munenori (1571-1646) -- The inscrutable subtlety of immovable wisdom / by Takuan (1573-1645) / Tai-A : notes on the peerless sword / by Takuan (1573-1645).
Sommario/riassunto	Thomas Cleary's translation of Code of the Samurai introduced the social, political, and organizational principles of samurai culture, including loyalty to family, a sense of service and duty, and the rules for dealing with allies and enemies. In Soul of the Samurai, Cleary delves into the key influence of Zen on the samurai's combat style, from its emphasis on detachment--meaning a willingness to sacrifice life (including one's own)--to the attempt to clear the mind and "be in the moment," which freed the swordsman's mind from distractions and allowed him to act in an in