



Zen in the Art of Archery: Training the Mind and Body to Become One (Paperback) - Common

Translated by R. F. C. Hull By (author) Eugen Herrigel

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Explains the path to achieving Zen, a balance between the body and the mind. Based on the result of the author's quest to learn archery in the hands of Japanese Zen masters, this book presents an account of one man's journey to complete abandonment of 'the self' and the Western principles that we use to define ourselves.

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