



Moving toward Stillness: Lessons in Daily Life from the Martial Ways of Japan

Dave Lowry

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Moving Toward Stillness: Lessons in Daily Life from the Martial Ways of Japan is a distillation of the most important lessons learned from a lifetime devoted to martial arts training.

Drawing from his highly regarded magazine columns in *Black Belt* magazine, author Dave Lowry sets out lessons that not only guide us to a deeper understanding of the social values and moral imperatives that are the ancient heart of budo, but speak to us also of the universal nature of those values and of how they remain relevant to us, in the modern West.

Among the 45 chapters of this martial arts philosophy book you'll find lessons addressing everything from such well-known martial concepts as "one encounter, one chance" to the art of being alone, from strategy for the modern-day battlefield to the luxury of anger, from subduing the self and bending like the bamboo to maintaining an unwavering calm in the face of death.

Essays include:

- The Way of the Master
- Excess Baggage
- Swimming 'Round the Stone
- Simple Things
- Even if I Die
- Not Knowing, But Doing
- and many more

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