

Entrenar La Mente Samur

I Samurai i segreti dei samurai. Le antiche arti marziali Coaching Samurai Lo Zen per samurai metropolitani SECRETOS DE LOS SAMURAI Il diario perduto della peggior samurai del mondo Il libro dei cinque anelli El C digo Del Samurai Gli ultimi Samurai Natura rivista mensile illustrata Passeggiata intorno al mondo Samurai in marcia La Lettura, rivista mensile del "Corriere della sera" La lettura Hoy El samurai de la revoluci n Casa del tiempo Pino Pascali Historia pol tica y diplom tica del Jap n moderno Alida Alabiso Oscar Ratti Pablo Nalda Gimeno Antonio Antefermo Oscar Ratti Tim Collins Musashi Miyamoto Inazo Nitobe Francobaldo Chiocci Joseph Alexander Graf von Hübner Raffaello Micaletti Mary Maemura Hurtado Pino Pascali Tomoko Asomura

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la vita e i segreti dei mitici samurai nei nove secoli della loro storia chi erano in realt i samurai quale importanza hanno avuto nella storia politica e sociale del giappone quasi tutta l autentica storia giapponese ha scritto lafcadio hearn compresa in un unico episodio l ascesa e la caduta del potere militare questo libro ricostruisce il contesto storico in cui tale potere si esprime

durante i nove secoli in cui i guerrieri rappresentarono la classe dominante del paese le loro idee la loro etica il loro modo di vita influenzarono fortemente il costume e la societ giapponese i samurai non adottarono il formalismo dei nobili di corte ma tradussero nel loro codice etico il bushid la fedelt personale al proprio superiore esasperata al punto di morire in suo nome i loro modelli di pensiero e di comportamento sopravvivono ancora oggi nel giappone industriale e competitivo secondo il detto ogni uomo porta il suo passato e le tradizioni nel suo cuore alida alabiso docente di archeologia e storia dell arte giapponese nell universit di roma la sapienza si occupa di problemi storico artistici del giappone e della cina in questo campo ha diretto varie ricerche e ha al suo attivo numerose pubblicazioni

hasta hace poco la selecci n de personas para cargos de responsabilidad en una empresa se focalizaba hacia los m©ritos del candidato en torno a sus conocimientos acad©micos y profesionales adem s de evaluar su coeficiente intelectual hoy en d a adem s de esas competencias se requiere que posea una serie de cualidades y actitudes personales cuyo aprendizaje no se imparte en ninguna escuela estos son el conocimiento propio el autocontrol la resiliencia el coraje la empat a la presencia la serenidad la intuici n la adaptabilidad etc los autores de este libro en su trayectoria profesional a lo largo de m s de quince a¶os han podido constatar como en el desempe¶o de sus funciones esas competencias les han sido tan tiles y provechosas como los conocimientos profesionales el descubrimiento y cultivo de dichos secretos o competencias los han obtenido del mundo de los samur is del aikido y del zen disciplinas que practican desde hace varios a¶os de la simbiosis de sus respectivas experiencias en la gesti n empresarial y de la aplicaci n de los principios y estrategias del aikido y del zen en el trabajo diario surge este peque¶o libro que ofrece al lector las suficientes pautas como para atreverse a ser coach de s mismo en el proceso de conocer y asimilar las actitudes y valores que hicieron de los samur is el modelo de l der ideal la lectura de estas p ginas no le va a dejar indiferente no podr decir es uno m s ya que adem s de se¶alarle los recursos y estrategias m s sencillos y eficaces en toda relaci n interpersonal le indica tambi©n los pasos a seguir para lograrlos y enriquecer notablemente su capacidad de gesti n

i samurai noti per il loro valore fuori e dentro il campo di battaglia devono la loro fama di guerrieri imbattibili non tanto alla forza fisica quanto alla capacit  di mantenere una mente calma e lucida anche nelle situazioni pi  difficili una capacit  che la storia tramandata ci indica come risultato dell'abitudine alla meditazione e di uno stile di vita dedicato ai princ pi dello zen antonio antefermo ha fatto della cultura samuraica e della sua interpretazione il fulcro della sua pratica terapeutica in questo libro pensato come un vero e proprio manuale di autodifesa dallo stress dalle ansie e dalle paure che noi tutti affrontiamo quotidianamente ha distillato l'esperienza professionale e umana di tanti anni spiegando i concetti fondamentali della sua psicologia zen attraverso metafore suggestive pillole di saggezza testimonianze e gesta di grandi samurai del passato gli esercizi proposti alla fine di ogni capitolo ispirati alle arti marziali e allo zen aiuteranno il lettore ad allenarsi in modo pratico e metodico consentendogli di programmare il suo percorso di crescita personale ed emotiva per affrontare in modo pi  appagante anche le sfide pi  temibili che la vita ci riserva e abbracciarla con una prospettiva diversa

la experiencia japonesa y su contribuci n a la teor a y a la pr ctica del combate individual armado y desarmado est  entre las m s antiguas sofisticadas y duraderas nunca documentadas basta considerar la actual popularidad mundial de jujutsu judo karate aikido kendo kyudo etc que especialmente son adaptaciones y derivaciones modernas para apreciar la continua influencia de los antiguos m todos japoneses de combate la presente obra es un estudio de las principales especializaciones de la experiencia marcial conocidas en jap n como artes marciales o bujutsu estas artes son presentadas en relaci n con las personas directa o indirectamente implicada o sujetas a esta violencia sistem tica parte i las armas y t cnicas concretas que asignaban a cada arte marcial su posici n e importancia relativa dentro del cuerpo de ense anzas bujutsu aqu  llamado doctrina bujutsu parte ii los factores de control y poder interior as  como las estrategias y motivaciones que cuando se comparan con los elementos antes mencionados eran considerados por los antiguos como de igual o mayor trascendencia debido a su importancia en la aplicaci n de diversos m todos de combate parte iii

suki ha 14 anni e vive nel giappone del xvi secolo il suo sogno   diventare una samurai come suo padre e suo fratello

nonostante il suo disastroso addestramento quando un gruppo di banditi minaccia il villaggio suki si trova costretta a combattere visto che tutti gli uomini sono in guerra riuscire a farsi valere e a diventare una leggendaria samurai o finire tutto in un disastro un esilarante diario con spunti divulgativi per vivere in prima persona le avventure di suki

un classico della letteratura giapponese che ha conosciuto un'immensa fortuna anche nell'occidente moderno come testo di formazione per manager e non solo il trattato di strategia militare opera del leggendario samurai miyamoto musashi rappresenta infatti una via al perfezionamento di se stessi all'armonizzazione delle proprie diverse capacità fisiche e spirituali e al successo scritto sotto forma di lettera a un allievo il volume si suddivide in cinque capitoli i cinque anelli appunto che riprendono la tradizionale ripartizione negli elementi dell'universo terra acqua fuoco vento e vuoto lo scopo finale quello di portare il guerriero a padroneggiare tecniche e soprattutto strategie attraverso una pratica costante e quotidiana in cui risulta fondamentale il valore dell'autodisciplina

el bushido es el código de los principios morales enseñados a los caballeros en el japon antiguo este código no ha sido fundamentado en ningún personaje por renombrado que haya podido ser ni por ninguna individualidad humana por brillante que fuera es el desenvolvimiento orgánico de conductas militares de los samurai durante siglos apoyado en una ética profunda influida por las ideas de confucio y mencio lo que fue japon en su antigüedad se lo debió a los samurai no sólo fueron la flor de la nación sino también su raíz aunque socialmente se mantenían apartados de la masa popular representaban para ella un modelo de honor moralidad y respetabilidad y la guiaban con su ejemplo este conocimiento es traspasado al mundo contemporáneo mediante las presentes páginas

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