

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 Código Del Samurai La lettura Natura rivista mensile illustrata El samurai de la revolución Passeggiata intorno al mondo Gli ultimi Samurai La Lettura, rivista mensile del "Corriere della sera" Casa del tempo Il Giappone Samurai in marcia Hoy Pino Pascali Alida Alabiso Oscar Ratti Pablo Nalda Gimeno Antonio Antefermo Oscar Ratti Tim Collins Musashi Miyamoto Inazo Nitobe Mary Maemura Hurtado Joseph Alexander Graf von Hübner Francobaldo Chiocci Giuseppe Tucci Raffaello Micaletti Pino Pascali

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la vita e i segreti dei mitici samurai nei nove secoli della loro storia chi erano in realtà i samurai quale importanza hanno avuto nella storia politica e sociale del Giappone quasi tutta l'autentica storia giapponese ha scritto lafcadio hearn è compresa in un unico episodio l'ascesa e la caduta del potere militare questo libro ricostruisce il contesto storico in cui tale potere si esprimeva 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 società giapponese i samurai non adottarono il formalismo dei nobili di corte ma tradussero nel loro codice etico il bushidō la fedeltà 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'università 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 selección de personas para cargos de responsabilidad en una empresa se focalizaba hacia los méritos del candidato en torno a sus conocimientos académicos y profesionales además de evaluar su coeficiente intelectual hoy en día además 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 empatía la presencia la serenidad la intuición la adaptabilidad etc los autores de este libro en su trayectoria profesional a lo largo de más

de quince años han podido constatar como en el desempeño de sus funciones esas competencias les han sido tan útiles y provechosas como los conocimientos profesionales el descubrimiento y cultivo de dichos secretos o competencias los han obtenido del mundo de los samuráis del aikido y del zen disciplinas que practican desde hace varios años de la simbiosis de sus respectivas experiencias en la gestión empresarial y de la aplicación de los principios y estrategias del aikido y del zen en el trabajo diario surge este pequeño libro que ofrece al lector las suficientes pautas como para atreverse a ser coach de sí mismo en el proceso de conocer y asimilar las actitudes y valores que hicieron de los samuráis el modelo de líder ideal la lectura de estas páginas no le va a dejar indiferente no podrá decir es uno más ya que además de señalarle los recursos y estrategias más sencillos y eficaces en toda relación interpersonal le indica también los pasos a seguir para lograrlos y enriquecer notablemente su capacidad de gestión

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 capacità di mantenere una mente calma e lucida anche nelle situazioni più difficili una capacità che la storia tramandata ci indica come risultato dell'abitudine alla meditazione e di uno stile di vita dedicato ai principi 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 più appagante anche le sfide più temibili che la vita ci riserva e abbracciarla con una prospettiva diversa

la experiencia japonesa y su contribución a la teoría y a la práctica del combate individual armado y desarmado está entre las más 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 métodos japoneses de combate la presente obra es un estudio de las principales especializaciones de la experiencia marcial conocidas en japon como artes marciales o bujutsu estas artes son presentadas en relación con las personas directa o indirectamente implicada o sujetas a esta violencia sistemática parte i las armas y técnicas concretas que asignaban a cada arte marcial su posición e importancia relativa dentro del cuerpo de enseñanzas bujutsu aquí llamado doctrina bujutsu parte ii los factores de control y poder interior así 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 aplicación de diversos métodos de combate parte iii

suki ha 14 anni e vive nel giappone del xvi secolo il suo sogno è 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 riuscirà a farsi valere e a diventare una leggendaria samurai o finirà

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 è 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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