



## Samurai Spirit: Ancient Wisdom for Modern Life (Paperback)

By Burt Konzak

Tundra Books, Canada, 2011. Paperback. Book Condition: New. New.. 183 x 130 mm. Language: English . Brand New Book. Named an Honor Title by the Storytelling World Awards in the category of Storytelling Anthologies The samurai prepared themselves for battle through physical practice, and the study of the arts. These ancient stories that inspired warriors so long ago have special significance for today s teens who face battles of their own: battles against bullies; battles with self-doubt and lack of confidence; and battles with the injustices they see around them. Burt Konzak has taught martial arts for over 20 years and has used these stories, drawn from sources including the Hagakuri, the Book of Five Rings, and other Japanese classics, to help young people gain emotional and mental strength. Whether or not readers are interested in the martial arts, they will find centuries of wisdom in this fine collection.



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