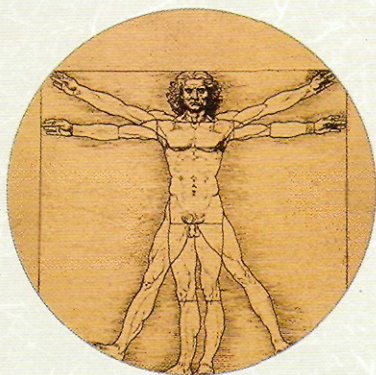


MASTERY

THE KEYS TO SUCCESS
AND LONG-TERM
FULFILLMENT



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George Leonard is the author of numerous books on human possibility and social change, including *Education and Ecstasy*, *The Transformation*, *The Ultimate Athlete*, *The Silent Pulse*, *Adventures in Monogamy*, and *The Way of Aikido*. He is the president of the Esalen Institute, and founder of Leonard Energy Training (LET), a practice inspired by aikido. Mr. Leonard lives in northern California.

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MASTERY

*The Keys to Success
and Long-Term Fulfillment*



George Leonard



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For John and Julia Poppy

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