



Aikido and the New Warrior

By Morihei Ueshiba

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Aikido and the New Warrior includes essays which illuminate Aikido concepts as they apply to many different walks of life: sports, nature, anger, martial arts training, death, and aging to name a few. Please note that this book does not include information on martial arts techniques.

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Editorial Review

About the Author

Richard Strozzi-Heckler is President of Strozzi Institute. He has a sixth-degree black belt in aikido and a doctorate in psychology. Dr. Strozzi-Heckler has taught the principles of embodied leadership and mastery to business, government, military, non-profits, health care, and education for the last thirty years. He is the author of *The Leadership Dojo*, *The Anatomy of Change*, and *In Search of the Warrior Spirit*; and the editor of *Being Human at Work: Bringing Somatic Intelligence into Your Professional Life*, and *Holding the Center*.

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