



## Under the Sword: Life Lessons to Awaken the Zen Warrior in You (Paperback)

By Vernon Kitabu Turner

Watkins Media, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book. In one way or another, we are all being tested, every day of our lives. Sometimes, the challenge is simple and non-threatening. For example, we may be trapped in a traffic jam when we are short of time. How do we handle that moment? Do we become irritable, impatient? Or do we rise above the circumstances and remain untroubled by emotion? Vernon Kitabu Turner shows that how we handle so common a problem as this could easily determine the outcome of more serious matters. Learning to cope with the little things can preserve our well-being or even save our life - or that of a loved one. Under The Sword reminds the reader how to engage the hidden aspects of ourselves and how, with a unity of mind and spirit, we can claim an absolute autonomy of the self that will protect us from damage at moments of crisis. Frequently using game and sports analogies, the author gives us the wherewithal to re-order our minds to our own advantage. He teaches us to be like the samurai, and make our own mind our friend. This is...



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