



The Book of Five Rings

Miyamoto Musashi

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Along with Sun Tzu's *The Art of War*, *The Book of Five Rings* is considered to be one of the most insightful texts on the subtle arts of confrontation and victory to emerge from Asia. Composed in 1643 by the famed duelist and undefeated samurai Miyamoto Musashi, *The Book of Five Rings* analyzes the process of struggle and mastery over conflict that underlies every level of human interaction. For Musashi, the way of the martial arts was a mastery of the mind rather than simply technical prowess—and it is this path to mastery that is the core teaching in *The Book of Five Rings*. This brilliant manifesto is written not only for martial artists but for anyone who wants to apply the timeless principles of this text to their life.

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