“The practical wisdom in George Leonard's book will have a great influence for many years to come.” —Michael Murphy, author of Golf in the Kingdom and The Future of the Body. In Mastery, you'll discover: • The 5 Essential Keys to Mastery • Tools for Mastery • How to Master Your Athletic Potential • The 3 Personality Types That Are Obstacles to Mastery • How to Avoid Pitfalls Along the Path . . . and more. Year: 1992. If there is any sure route to success and fulfillment in life, it is to be found in the long-term, essentially goalless process of mastery. This is true, it appears, in personal as well as professional life, in economics as well as ice skating, in medicine as well as martial arts. It was the martial arts, in fact, that gave me the original idea for the Esquire feature and for this book. Mastery describes how to love the path and progress, Flow describes how to stay engaged and progress when on the 'plateaus' that we all encounter along the path of Mastery. Either on their own is incomplete. Read more. I am here to write that not only is this book more concise, it is also more entertaining, better written and more useful in the practical sense. George Leonard takes the reader through the 5 steps of mastery: 1. Instruction 2. Practice 3. Surrender 4. Intentionality 5. The Edge. Documents Similar To Mastery - The Keys To Success And Long-Term Fulfillment - George Leonard.pdf. Carousel Previous Carousel Next. The seduction bible. Uploaded by. John McLean. Speed Memory - Tony Buzan. Uploaded by.