



Abundant Peace

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Morihei Ueshiba (1883-1969), the founder of Aikido—whose name means "abundant peace"—was "undoubtedly the greatest martial artist who ever lived," according to his biographer, John Stevens. "Even if we accept every exploit of all the legendary warriors, East and West, as being literally true, none of those accomplishments can be compared to Morihei's documented ability to disarm any attacker, throw a dozen men simultaneously, and down and pin opponents without touching them, recorded scores of times in photographs, on film, and by personal testimony." How did the diminutive master—barely five feet tall—attain this uncanny power? In *Abundant Peace*, John Stevens tells the real story behind Morihei's achievement, illuminating the man and his message in a way that will delight and stimulate the reader. Focusing on the how and why of Morihei's career, Stevens describes the people, events, and ideas that influenced his lifelong spiritual quest, which culminated in the unique teachings of Aikido. Illustrated with photographs of Morihei in action and filled with revealing anecdotes about his life and times, the book also offers a valuable discussion of the Founder's conception of Aikido as a path of harmony and love, unifying mind and body, self and others, man and the universe.

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