



Beneath It All: A Peak behind the Curtain at the Core Principles of Life

Dr. Christian R. Komor

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By chance or design the martial art of Aikido has managed to capture all of the core principles of positive living in one system. Every aspect of philosophy, religion, and psychology trace back to these core principles. Simple and yet profound, this small book provides a blueprint for living which echoes the wisdom from thousands of years of human consciousness.

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