



The Lakota Way of Strength and Courage: Lessons in Resilience from the Bow and Arrow (Hardback)

By Joseph M. Marshall

SOUNDS TRUE INC, United States, 2012. Hardback. Book Condition: New. New.. 206 x 137 mm. Language: English . Brand New Book. In Lakota tradition, the bow and arrow were more than tools for hunting or battle. The bow s resilience and flexibility, the arrow s grace and power, the archer s focus and patience in these, we find the essential qualities for living a life of strength, purpose, and simplicity. In The Lakota Way of Strength and Courage, Joseph M. Marshall builds upon the central metaphor of the bow and arrow to provide a treasury of insights, stories, and irreplaceable wisdom. With eloquent prose and an elder s perspective, Marshall draws from traditional stories, the history of the Lakota, and his own experiences to offer timeless lessons on: . Transformation what the journey of the Lakota people teaches us about preserving what is essential as our external circumstances change . Simplicity the story of Grandmother Grass Braid, who understood that the more you know, the less you need to carry . Purpose how the world unveils our purpose to us, as revealed in the story of the Keeper of the Winter Count . Strength the moving story of Henry One...



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