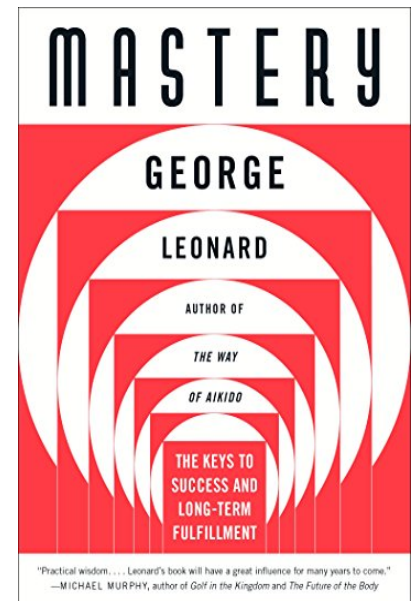


# Mastery Book Summary (PDF) by George Leonard

Ready to learn the most important takeaways from Mastery in less than two minutes? Keep reading!



## Why This Book Matters:

Mastery tells us how we can take on new challenges and succeed by simply changing our mindset.

## The Big Takeaways:

- 1. Mastery is the ride, not the destination.**
  1. If Quitting when challenges arise is natural, which is why we must acknowledge that mastering something is much more than being perfect.
- 2. The long-way to success is often interrupted by the temptation of shortcuts.**
  1. Mastery takes time and will not happen overnight. We must stay vigilant in our attempts at genuinely mastering a skill.
- 3. You must look at practice as something beneficial, not just something to do.**
  1. The way you view practicing your skill will

determine whether you stick with or abandon the path to mastery.

**4. Trust in your instructor.**

1. Handing over your trust and pride to your instructor gives you the relationship you need to achieve your goals.

**5. Understand the importance of repetitive actions to keep you from falling.**

1. Knowing what actions keep you centered will prevent you from just giving up when things get rough.

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