

The Modern Art of War

Sun Tzu's Hidden Path to Peace and Wholeness

The Modern Art of War offers readers a dazzling new interpretation of Sun Tzu's perennial bestseller *The Art of War* - one that explores the ancient wisdom in its truest form: the fight to overcome the “**battlefield of the mind**”.



Hunter Liguore

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What if Sun Tzu wasn't a general at all, but a **spiritual advisor** and the *Art of War* was not written for a king but for everyone?

This ground-breaking book examines the original text from this new perspective, explaining that a “battlefield” is the terrain of the mind and the “**enemy**” our **limiting emotions**, perceptions and thoughts.

Using self-reflection prompts, it guides you in incorporating Sun Tzu's teachings into your daily life.

This book demonstrates how to “conquer” or “still” the mind and recognize that *The Modern Art of War* begins with each of us. By creating harmony within, we can bring more peace into the world.

**For press enquiries or to request review copies, please contact
Vikki Scott at vikki.scott@watkinspublishing.com**



KEY INFORMATION

- **PERFECT FOR READERS OF THESE BESTSELLERS:** *Think Like a Monk* by Jay Shetty, *Living the Wisdom of the Tao* by Wayne Dyer, *Welcoming the Unwelcome* by Pema Chödrön and *The Art of War for Women* by Catherine Huang.
- **THE ART OF WAR SELLS:** many bestselling editions, eg., the editions by Hachette and Random House which have sold over **200,000** copies in the US each.
- **TIMELY TAKE ON HIGHLY POPULAR TOPIC** – presents *The Art of War* not as a treatise on war but as an individual guide to personal peace and wholeness, and Sun Tzu not as a general but as a mystic and spiritual leader, promoting peace.
- **HIGHLY PRACTICAL SELF-DEVELOPMENT PATH:** this beautifully written, wise book offers self-reflective questions, meditations and exercises to help readers conquer their inner battles and bring harmony to the relationships in their life.
- **AWARD-WINNING AUTHOR** who teaches *The Art of War* as a self-development model.

ABOUT THE AUTHOR



Hunter Liguore is an award-winning writer, professor, and historian, with a lifelong study in philosophy, specializing in the work of Sun Tzu.

She's studied with **Nobel Peace Prize Laureate**, John Hume (North Ireland), and has undertaken critical research in peace and social justice studies. Her unique writing explores interconnectedness with all people, reciprocal relationships with the natural world, and kindness and empathy for all, without exception.

She's a writing professor at Lesley University and hosts peace walks in New England.

hunterliguore.org



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