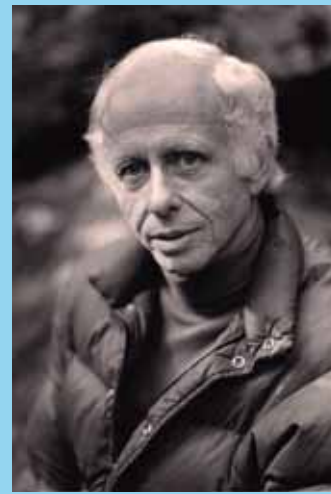


## George Leonard, 1923 - 2010



Dear Friends,

As many of you may already know, ITP co-founder and human potential pioneer George Leonard passed away early on January 6th, with his wife, Annie, at his side.

George had a profound effect on all of us through his vision, writing, teaching and friendship. We celebrate him by carrying forward his extraordinary creation of ITP through our practice, relationships and service in the world.

As a way of honoring him, we would like to share some highlights from George's remarkable life, drawn from the article that appeared in the Marin Independent Journal.

A past president of the Association for Humanistic Psychology, he was the author of numerous books, essays and articles on human possibility and social change, and coined the term "human potential movement" in his book *The Transformation*.

A former senior editor of Look magazine, George won 11 national awards for education writing during his stint at the national publication, from 1953 to 1970. He helped Look win the first National Magazine Award in 1968 for his reporting on the civil rights movement.

Called a "legendary editor and writer" by Psychology Today, George was one of the first journalists to recognize the youth movement that flowered in California in the 1960s, producing a special Look issue titled *Youth of the Sixties: The Explosive Generation*. Published in 1962, five years before San Francisco's Summer of Love, it foretold the social and political idealism and upheaval that was to come.

A president emeritus of Esalen Institute, he and Esalen founder Michael Murphy, a friend for 45 years, co-authored *The Life We Are Given*, chronicling a two-year experimental class in Integral Transformative Practice (ITP), which they created to realize the potential of body, mind, heart and soul. ITP groups are now active in the United States and abroad.

A fifth-degree black belt in aikido, George co-founded Aikido of Tamalpais and wrote the *The Ultimate Athlete* in 1975, which helped shape the fitness boom. He also developed Leonard Energy Training, an aikido-inspired practice that teaches alternatives to dealing with everyday pressures and stress. The LET Manual, which includes numerous LET exercises, was published in 2008. American health magazine has called him "the poet philosopher of American health in its broadest sense."

During World War II, he served as a fighter pilot in the Southwest Pacific Theater and as an analytical intelligence officer during the Korean War. He moved to Marin County in 1980.

A man of many talents, he played piano and wrote the music for the Mountain Play's 1977 production of the original musical, *Clothes*. Before he died, he was at work on another memoir he titled, *Fragments of a Life in No Particular Order*.

In addition to his wife, he is survived by three daughters, Emily Fraim of Phoenix, Burr Leonard of Sausalito and Mimi Fleischman of Los Angeles, and six grandchildren.

"He was one of America's great social observers, not only for his breadth, but for his depth. He was a prophetic journalist, a true warrior in the paradigm wars, a visionary philosopher and, finally, a creator of transformative practices, bringing it down to earth. You could say he was a Renaissance man."

- Michael Murphy

We hold George in our hearts and are blessed by his presence in our lives.

Warm wishes and blessings,

Pamela Kramer, President

*More bio information on George:*

*New York Times*

*L.A. Times*

*Marin I.J.*

*Tax-deductible contributions may be made in George Leonard's name at [itp-international.org](http://itp-international.org).*