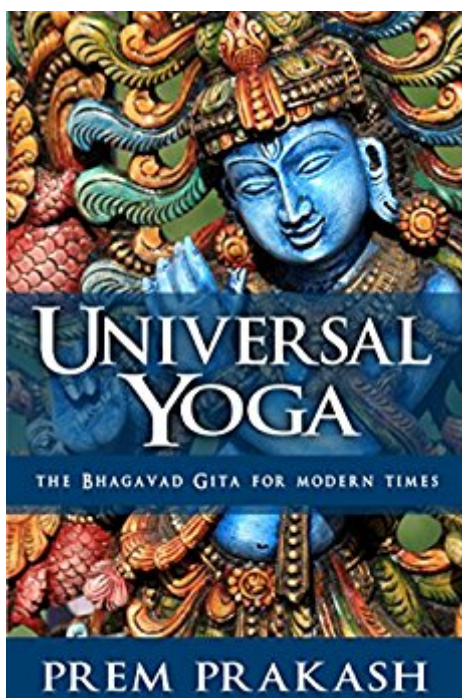


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Universal Yoga: The Bhagavad Gita For Modern Times



Synopsis

Prominent perennial classics like the Odyssey and the Mahabharata inspire us to understand the significance of life beyond the everyday world. Our spirit needs that kind of nourishment! To that task, Prem Prakash has chosen the beloved Bhagavad Gita and transformed its significant value for the third millennium. In these pages he explains the mythical power of the story and portrays the practical power of the dialog between Lord Krishna and the warrior Arjuna. This narrative is universal yoga, the everlasting cosmic story of ourselves. It looks at our inner conflicts as well as our public opportunities, showing us how to contend with life and its obligations while at the same time achieving our ultimate destiny. This new translation and commentary inspires us to understand the significance of life beyond our everyday world.

Book Information

File Size: 3424 KB

Print Length: 355 pages

Publisher: Yes International Publishers (March 13, 2015)

Publication Date: March 13, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00UPJU7UO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #540,963 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #63

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Bhagavad Gita #131

inÂ Books > Religion & Spirituality > Hinduism > Sacred Writings > Bhagavad Gita #143 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Sacred Writings

Customer Reviews

Long out of print and now newly released in a paperback edition, "Universal Yoga: The Bhagavad Gita For Modern Times" by Prem Prakash provides a new generation of readers with insights into India's great religious tradition of Hinduism as exemplified by a dialog between Lord Krishna and the

warrior Arjuna. Featuring an expert English translation and insightful commentary, "Universal Yoga" offers exemplary advice on how to contend and deal with our lives and the inevitable obligations and encumbrances we will all encounter in both ordinary and extraordinary times. Thoughtful and thought-provoking, "Universal Yoga" is highly recommended reading and especially relevant to students and practitioners of Yoga, as well as non-specialist general readers with an interest in Hinduism, one of the five major religions of the modern world.

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