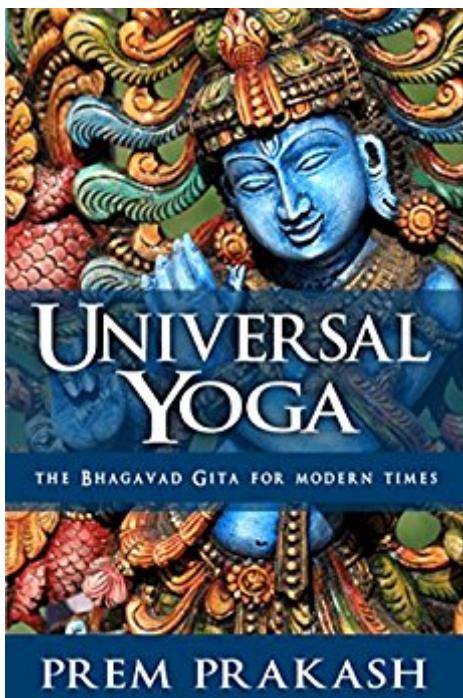


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Universal Yoga: The Bhagavad Gita For Modern Times



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.

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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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