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Autore	Tirtha Sada Shiva
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Nota di contenuto	Testimonials; Swami Narayan Tirtha; Table of Contents; Dedication; Acknowledgements; Introduction; Chapter 1: Consequences of War; Chapter 2: Peace Through Spiritual Understanding; Chapter 3: Peace Through Action; Chapter 4: Eternal Path to God; Chapter 5: Peace Through Desireless Action; Chapter 6: Peace Through Selfless Service; Chapter 7: How to Know God; Chapter 8: How to Attain Salvation; Chapter 9: Secrets of Attaining Self-Realization; Chapter 10: Find God in Daily Life; Chapter 11: God's Universal Form; Chapter 12: How to Love God; Chapter 13: Distinguish Soul From Body Chapter 14: Guna DistinctionsChapter 15: Uproot the Cause of Illusion; Chapter 16: Divine & Demonic Traits]; Chapter 17: Three Forms of Faith; Chapter 18: Realize the Ultimate Truth; About the Author; Poem; Resources
Sommario/riassunto	In this new translation and commentary on the ancient Sanskrit text, Swami Tirtha offers a completely fresh and accessible interpretation, making it easy to apply its teachings to daily life. The timeless wisdom of the Gita is illuminated by modern-day, real-world instances examining personal spiritual goals, and family, career, social, and environmental issues germane to today's seeker of wisdom and truth. Students of Eastern philosophy, yoga enthusiasts, parents, and

entrepreneurs looking beyond The Art of War for inspiration will appreciate the techniques for relieving stress, d

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