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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

