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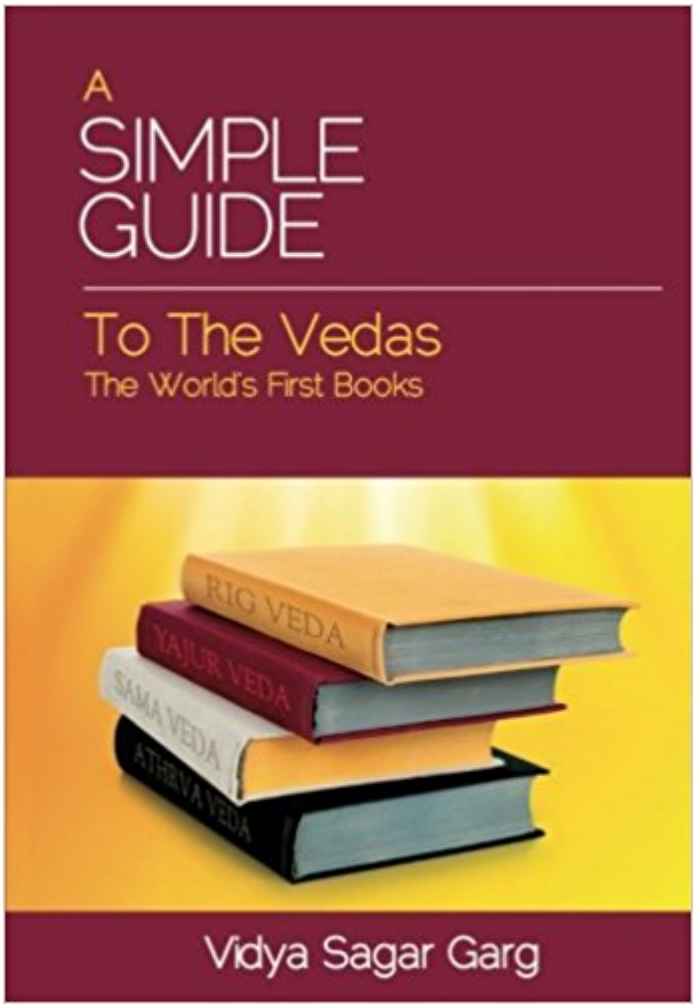

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Synopsis

This introductory guide to the Vedas-the oldest books known to mankind-distills the information down in an easily digestible format. It explores how they formed the basis for the Hindu religion, spiritual practices such as yoga, and such Eastern spiritual concepts as karma, dharma, and meditation. This straightforward book also shows how to develop control over your mind and body to begin living a more fulfilling, awakened, and enjoyable life.

Book Information

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Customer Reviews

V. Sagar Garg is a former software developer for a large financial corporation. The founder of Arya Samaj of Chicagoland, an organization that teaches Vedic principles, he has conducted yoga, meditation, and lecture sessions at universities and conferences in the Midwest. He lives in Indianapolis, Indiana.

This is a great book for anyone searching for Spiritual Truth. I found 90% of this book to be new information that was useful in my Spiritual walk.

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