



Spiritual Management and Road to Eternity: Secrets of Beauty, Health, Youth and Liberation

By Chan Baidjnath Misier

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2007. Softcover. Book Condition: New. This book integrates the various aspects of yoga and shows how to find inner strength, to establish a way of living that brings you inner space, health, energy and happiness throughout your life. Self-realization and union with God are the thread through all the subjects in this paper, with an explanation of proper breathing, meditation and puja with easy practices. Each chapter contains profound teaching clearly described with many Vedic mantras and other holy scriptures. There is a special accent on the pertinence of the teachings in Hinduism, viz. Civilization, culture and rituals in modern times. This work also describes the possibilities to operate more right things in the right manner. Thus, the book answers ideally the need for a lucid, succinct presentation of the principal aspects of Hinduism and its relevance to the apparent spiritual poverty of contemporary society. Printed Pages: 391.



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Reviews

It is one of the most popular publication. It really is written in easy words and not difficult to understand. You are going to like how the author wrote this book.

-- Prof. Evans Balistreri DDS

Completely essential go through book. This is for all who state there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Lydia Legros