

# Total freedom - the essential Krishnamurti

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Notes: Includes bibliographical references (p.361-363) and index.  
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## Total Freedom : The Essential Krishnamurti (Paperback)

It has been one of the most difficult books I have read.

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## Total Freedom: The Essential Krishnamurti

Rather than tell you how to do something, he clearly starts every question or thought problem by deconstructing and getting down to the first principles. You think and hope that another can, by his extraordinary powers—a miracle—transport you to this realm of eternal freedom, which is Happiness.

## Total Freedom : The Essential Krishnamurti (Paperback)

I read further that the people who were working along these lines were deeply influenced by Krishnamurti, so I decided to get this book. A few sensible notions warning people not to look to a guru or system to resolve the human condition for them. If you're not familiar with Krishnamurti, this book offers a good introduction to his talks.

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