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The Yoga Sutras of Patanjali (Sacred Teachings)

“A wonderful translation, full of contemporary insight yet luminous with eternal truth.”—Jacob Needleman
The Yoga Sutras were cast in their present form in India around the third century b.c. Yoga is from the Sanskrit root meaning “union,” and a sutra is a thread or aphoristic verse. The basic questions “Who am I?” “Where am I going?” “What is the purpose of life?” are asked by each new generation, and Patanjali’s answers form one of the oldest and most vibrant spiritual texts in the world. He explains what yoga is, how it works, and exactly how to purify the mind and let it settle into absolute stillness. This s

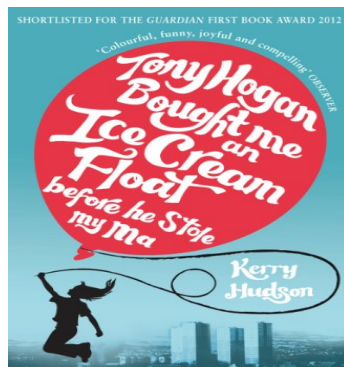
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The Way Life Works

In the tradition of David Macaulay's *The Way Things Work*, this popular-science book--a unique collaboration between a world-renowned molecular biologist and an equally talented artist--explains how life grows, develops, reproduces, and gets by. Full color.

How to Plan an Elegant Wedding in 6 Months or Less: Achieving Your Dream Wedding When Time Is of the Essence

Plan the Perfect Wedding In Half the Time! It really is possible to take care of the countless details and madness leading up to your big day and create the event you always envisioned—even with the clock ticking. And you can enjoy doing it! Wedding expert Sharon Naylor gives an



Thirst

From the prize-winning author of *Tony Hogan Bought Me An Ice-Cream Float Before He Stole My Ma* Winner of the Prix Femina Etranger London, in the frayed heat of summer. Alena is shoplifting shoes when Dave catches her in the act and so begins an unlikely relationship between two people

One Kiss: A Pride and Prejudice Variation

How much could one kiss change the circumstances of Jane Austen's *Pride and Prejudice*? Mr. Darcy, upset about Elizabeth's rejection of his proposal, goes to the parsonage to deliver his famous letter. Not quite feeling himself, and feeling very melancholy, he steals one small kiss. W

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5 stars

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No fluff but, for me, the translation is a bit difficult to unpack. A good basic text for study in addition to commentaries.

Review 5:

The book is written well and is very easy to understand for beginners. It is an excellent source of information.

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