



Live Happily the Gita Way

By V. Krishnamurthy

Readworthy Publications (P). Ltd., 2008. Paperback. Book Condition: New. The Gita is considered to be one of the most exhaustive scriptures on the spiritual ascent of man in the form of a dialogue with God. Specially focusing on man's pursuit of happiness, the book attempts to summarise the entire Gita teaching into a two-part recipe for finding the happiness within oneself, namely 'Take lightly all that happens to you. And take all our obligations seriously, without fear of results or favour of rewards.' To arrive at this methodology for action, the author relies heavily on the Vedantic school of advaita (non-duality and its maxim, "The real 'I' is neither the doer nor the experiencer." The philosophy of non-duality itself is explained in the simplest terms through a long conversation. Unusual diagrammatical presentations of the core content of the book add clarity to the comprehension.

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