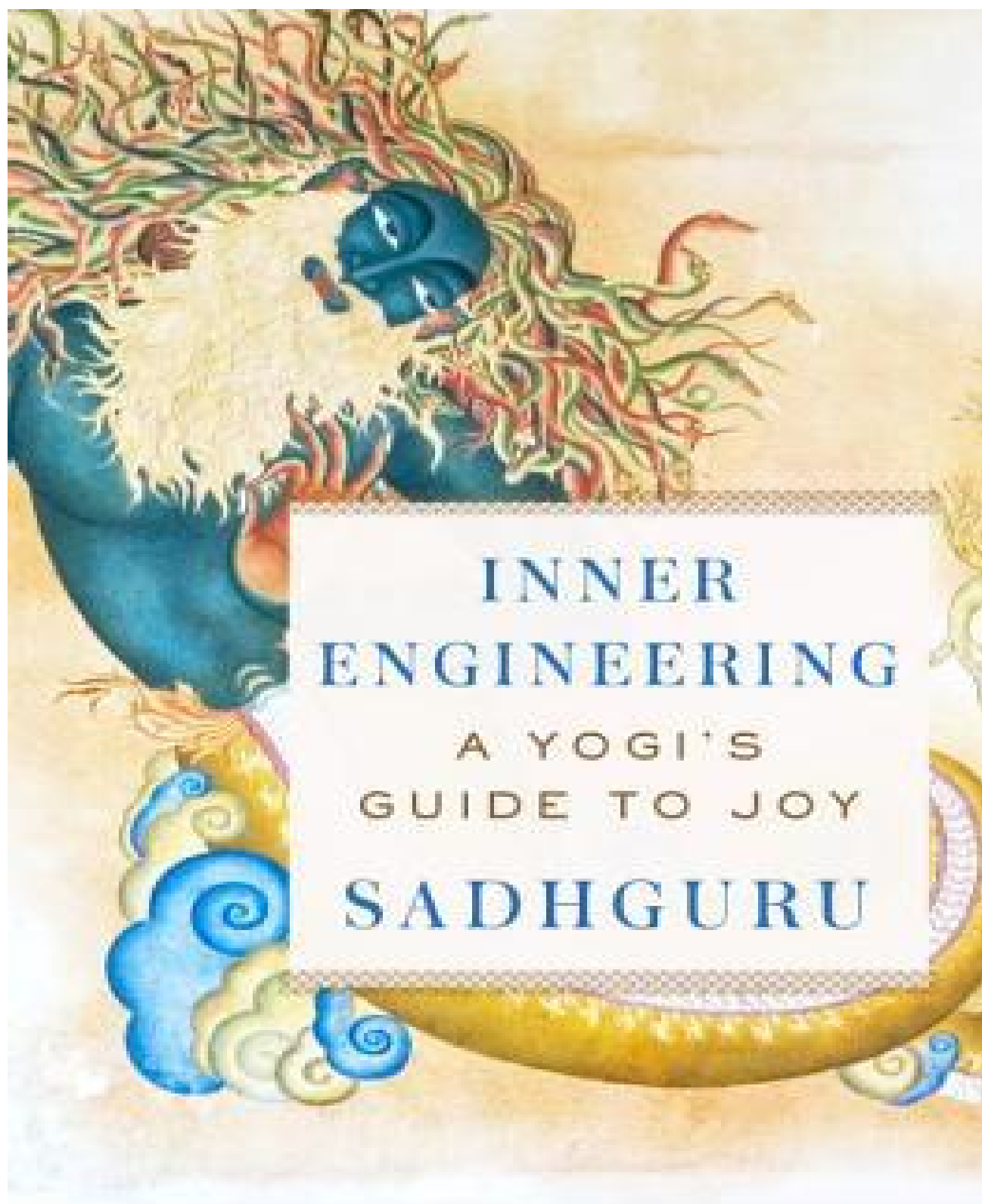
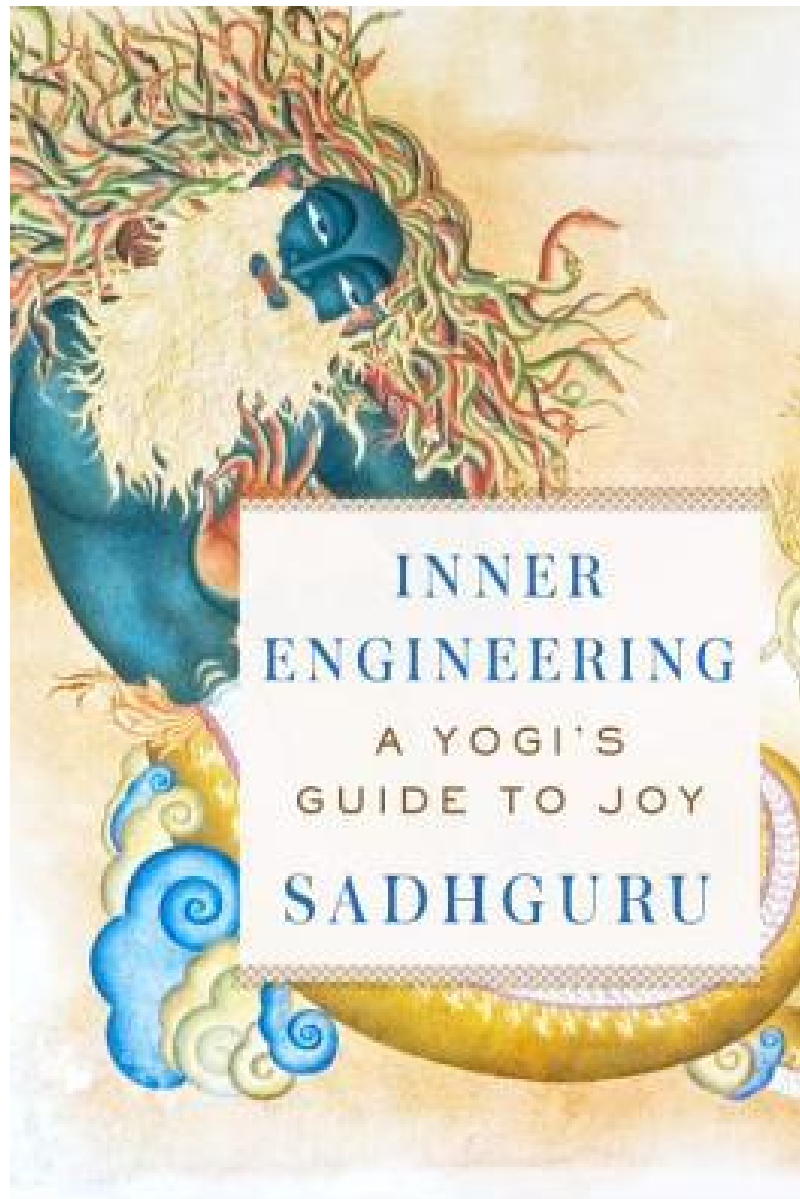


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**Inner Engineering: A Yogi's Guide to Joy
by Sadhguru**



Synopsis:=====

New York Times Bestseller: Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still

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