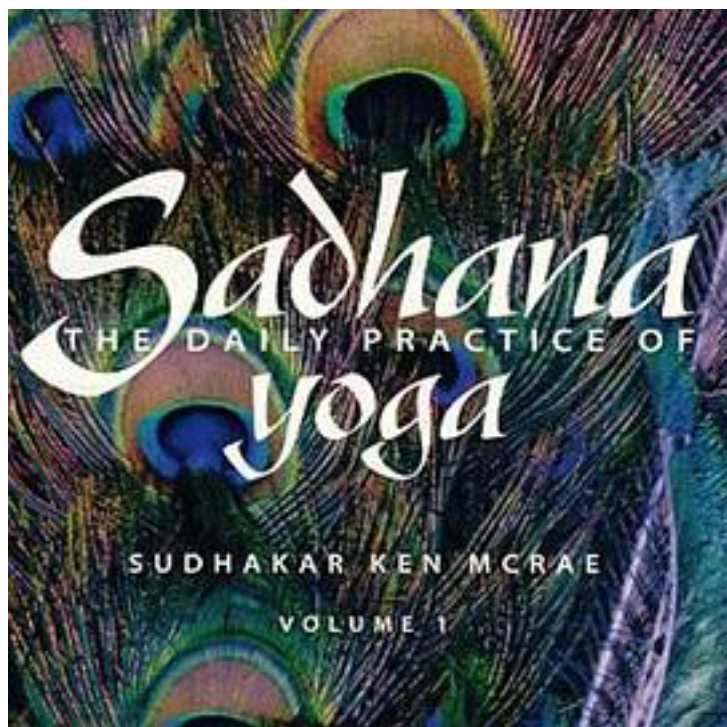


Sadhana



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著者:Tagore, Rabindranath

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Written by Nobel Prize Laureate Rabindranath Tagore and available in paperback for the first time, *Sadhana* is a profound, highly accessible introduction to India's ancient spiritual heritage.

Few figures in history have been as important as Rabindranath Tagore in bringing Indian philosophy and spiritual teachings to the West. Although he was known primarily as a poet, his work is deeply religious, imbued with his belief that God can be found through personal purity and service to others. *Sadhana* (sometimes translated from the Sanskrit as “spiritual practice” or “spiritual discipline”) is a beautifully

written, concise distillation of the great resources of Indian philosophy. With the surge of interest in Indian spirituality, it will be welcomed with enthusiasm by readers everywhere.

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