



Meditation and Its Methods

By Swami Vivekananda

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An inspiring collection of the sayings of Vivekananda on the value and practice of meditation as collected from Vivekananda's writings.

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Editorial Review

Review

This book is a collection of notes on the value of meditative practices. It is common sense rendered with good humor. Through these selections, even the casual reader will be better able to appreciate the vitality of a tradition that has produced both saints and scholars. --Books West Magazine

From the Publisher

The sayings of Sw. Vivekananda were gathered from his 8-volumes of *The Complete Works of Swami Vivekananda*. Of special note is the foreword by Christopher Isherwood, author of *Berlin Stories*

About the Author

Swami Vivekananda is the patriot-saint of India. He brought Vedanta to the west, and in doing so, opened up the American continent to the concept that there are other legitimate religions outside of the Christian Judaic tradition.

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