



The End of Sorrow: The Bhagavad Gita for Daily Living, Volume I [India's timeless and practical scripture presented as a manual for everyday use]

By Eknath Easwaran



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The Bhagavad Gita for Daily Living, Volume 1: The End of Sorrow

Eknath Easwaran is a foremost translator and interpreter of the much-loved Indian scripture, the Bhagavad Gita. He liked to say that his verse-by-verse commentary grew like a tree issuing directly from his life, which was so rooted in the Gita that he found a deep understanding of its teachings in the most everyday experiences – sharing a treat with young children, walking with friends down a busy street, or watching a mime in San Francisco's Union Square.

Easwaran translates each verse, relates it to our modern lives through stories and anecdotes, and gives us spiritual exercises that we can use every day. This first volume in a three-volume set covers chapters 1–6 of the Gita, and concentrates on the individual: the nature of our innermost Self, how it can be discovered in the depths of consciousness, and how this discovery transforms daily life. The introduction includes instructions in Easwaran's universal method of passage meditation.

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Editorial Review

Review

"The wisdom contained in *The End of Sorrow* demonstrates why Eknath Easwaran is one of the most eminent spiritual teachers in the world today."

--Spirituality and Practice

"Radiates the warmth of a spiritual educator deeply concerned about the welfare of mankind." -- *Dennis Lewis, San Francisco Sunday Examiner & Chronicle*

"These sumptuously produced volumes offer a fascinating presentation of the Gita to the modern world. . . . The text in Sanskrit is followed by a faithful translation accompanied by a detailed commentary which is the most interesting part of the work. . . . His lectures are full of helpful anecdotes from the lives of eminent saints, yogis, thinkers in the West: one does not like to miss a single page. . . . The author is convincing, authentic and faithful in his exposition running into over 1500 pages of enabling reading matter reflecting his spiritual maturity and benevolence of disposition." -- *M.P. Pandit, The Hindu*

"This reviewer knows of no translation with commentary that so successfully combines breadth of scholarship with such depth of spiritual insight." -- *Choice*

Language Notes

Text: English

From the Publisher

Easwaran's magnum opus. The Bhagavad Gita is not a book of commandments but of choices. It presents two ways of living, shows their consequences and then leaves the choosing to us. Easwaran's accessible translation and lively, practical commentary show how the Gita's universal teachings apply to events in our own lives and times. Volume I concentrates on the individual.

Users Review

From reader reviews:

Tessie Springfield:

People live in this new day time of lifestyle always try and and must have the free time or they will get great deal of stress from both everyday life and work. So , once we ask do people have time, we will say absolutely yes. People is human not a robot. Then we question again, what kind of activity do you have when the spare time coming to a person of course your answer can unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, often the book you have read will be The End of Sorrow: The Bhagavad Gita for Daily Living, Volume I [India's timeless and practical scripture presented as a manual for everyday use].

Reinaldo Downs:

Playing with family inside a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, and then why you don't try issue that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love The End of Sorrow: The Bhagavad Gita for Daily Living, Volume I [India's timeless and practical scripture presented as a manual for everyday use], it is possible to enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh can occur its mind hangout men. What? Still don't have it, oh come on its called reading friends.

Sonya Ewing:

In this era globalization it is important to someone to get information. The information will make anyone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher this print many kinds of book. Typically the book that recommended to you personally is The End of Sorrow: The Bhagavad Gita for Daily Living, Volume I [India's timeless and practical scripture presented as a manual for everyday use] this e-book consist a lot of the information with the condition of this world now. This specific book was represented how does the world has grown up. The language styles that writer value to explain it is easy to understand. The particular writer made some exploration when he makes this book. This is why this book appropriate all of you.

Shirley Arrington:

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