



## Truth of Life : The Art and Science of Living

By Acharya Mahapragya

New Dawn, New Delhi, 2001. Paperback. Condition: New. Contents: Preface. Introduction. I. Ishwara: friendliness : 1. Does Ishwara exist? 2. "Is Knowledge Ishwara?" 3. Am I Ishwara? 4. Living with diseases. 5. Living with old age. 6. Living in the present. 7. Living with life. 8. Why friendliness with life? II. The issues : 9. Change in outlook. 10. Non-attachment. 11. Epicurism. 12. Preachers. 13. Criticism. 14. Changing habits. 15. Integrated personality. 16. Planning. III. Truth of life : 17. Truth of life. 18. Retrospection. 19. Construction of a new mind. 20. Sublimation of sexual power. 21. Development and demonstration of power. 22. Quadrangle of spirituality. IV. Awakening : 23. Awareness. 24. Awareness of reality. 25. Art of perceiving. 26. Process of balancing. 27. Change of direction. 28. The third eye. 29. Self management. Glossary. "Life is a great book. Since ancient times many commentaries have been written on the truth of life. Even today, we find several thinkers and philosophers who give valuable comments and throw light on life's mysteries. "Acharya Mahapragya's The Truth of Life is a significant step in the direction of unravelling the enigma that is Life. He defines Life in two aspects - Grossness and Awareness....

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