



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."

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"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

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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.

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