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Summary, Analysis & Review of Sadhguru's Inner Engineering by Instaread

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Preview:

Inner Engineering by yogi and mystic Sadhguru is a nonfiction book that explores the path to spiritual enlightenment, a state in which joy is constant. Human consciousness is like a machine. When people learn how to master their own minds and bodies as they do machines, they will have the ability to experience profound and sustained joy. Therefore, a person’s path to lasting joy begins with mastering their inner experience. To harness the intelligence of their own life force, people should tap into the wisdom of yoga and its time-tested principles. Yoga is a reliable method people can use to get in touch with their own transcendent and divine natures.

Sadhguru’s spiritual wisdom is based on his personal experience. He began practicing yoga when he was 12 years old and living in Mysore, India. From that point on, he began noticing significant changes in the way that he experienced life…

PLEASE NOTE: This is a Summary, Analysis & Review of the book and NOT the original book.

Inside this Summary, Analysis & Review of Sadhguru’s Inner Engineering by Instaread

· Overview of the Book

· Important People

· Key Takeaways

· Analysis of Key Takeaways

About the Author

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