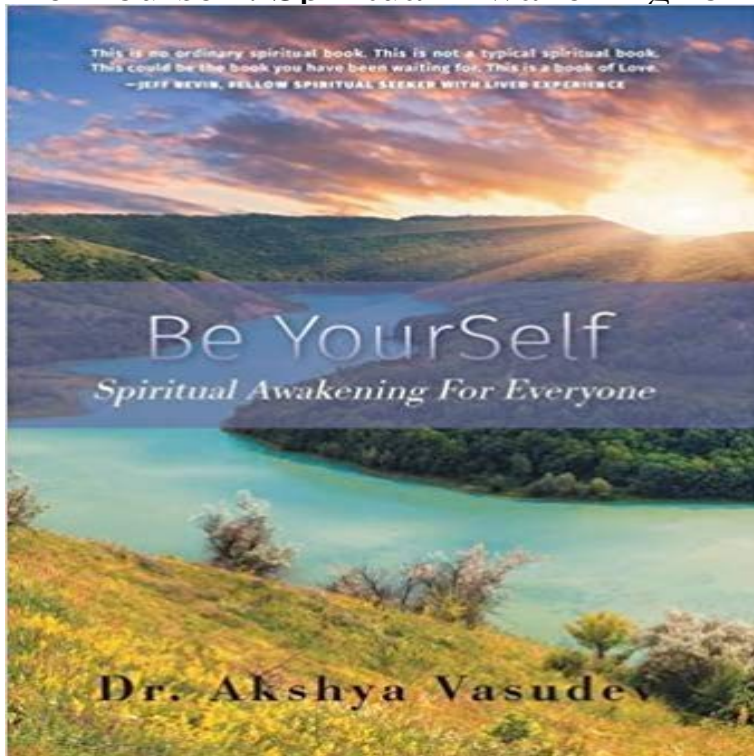


Be Yourself: Spiritual Awakening for Everyone



Few in this life escape stress and suffering. But what if the world were nothing but an illusion? Speaking joyfully from the intersection of science and spirituality, psychiatrist Akshya Vasudev introduces bite-sized wisdom from Vedanta, the ancient spiritual science of India. Expounded by sages more than 7,000 years ago, Vedanta broadcasts the good news that everyone has the potential of being awakened. It teaches that our bodies, minds, and intellects are but tools to discover the infinite and limitless Self...to become enlightened. In warm and intimate prose, Dr. Vasudev shares his personal story of learning to let go of expectations and developing a spiritual practice to fully experience what life has to offer without any fear. By examining scientific theories and stories gleaned from his years as a researcher, clinician and now as someone on the spiritual path, he proves that being armed with the right knowledge and applying it daily can challenge our thinking and cause worries to disappear.

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