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I have an eBook to share with you today. It's called The Yoga Sutras of Patanjali by Swami Vivekananda, and you can download it for free. This eBook is not the only free one available on the internet, but it's one that I thought was worth sharing with you because of its great content. If you are not familiar with the name Swami Vivekananda, he was a very famous Indian Hindu Monk who founded many schools for India's poor youth and most famously spoke at the Parliament of World Religions in Chicago in 1893. He was a major force behind bringing Yoga to the western world. Which is why this book is so special. It's his interpretation of the Yoga Sutras of Patanjali which are revered as the "Yoga Bible". It's also why I think you will find it so valuable. You don't have to be interested in Hinduism or practice yoga to learn something valuable from this book. I can see how these meditations could benefit everyone, regardless of your religion or belief system, because they serve as an excellent guide for clearing up your mind by focusing on your breath and becoming more conscious about what you are thinking about at any given moment in time. To say this book contains timeless wisdom is an understatement. So since it's so important, I highly recommend reading the full eBook instead of just downloading it. But if you would rather just download the book and skip the reading entirely, than you can also do that. Because I've included a free link to download The Yoga Sutras of Patanjali by Swami Vivekananda in exchange for your email address below ☺☺ Either way works for me! Enjoy!

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