



Words to Live by: Inspiration for Every Day

By Eknath Easwaran

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This inspirational daily reader offers practical and encouraging insights into daily living accompanied by a wide-ranging collection of quotes from the world's great men and women. 384 pages.

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Editorial Review

Review

"For those seeking to bring some spiritual inspiration into their daily lives, this little book is a treasure trove of wisdom. . . . It is a book you place beside your bed or on your desk, to be consulted at appropriate times, either sequentially or at random like an oracle." -- *New Dimension*

"*Words to Live By: Inspiration for Every Day* does exactly what the title implies, offering a daily page of wisdom garnered from the great spiritual texts of religion. Like one of the ancient wise ones, Easwaran simply but precisely drives the spiritual passage home." -- *Prairie Messenger*

From the Publisher

Using personal anecdotes from his years of experience teaching spiritual principles to an American audience, Eknath Easwaran introduces all the important concepts and techniques necessary for leading a spiritual life in today's world. A page for each day of the year includes: a short, insightful selection by Eknath Easwaran giving ready access to his deep understanding of the challenges and rewards of intentional living. Powerful corroboration of each point for the day from one of the world's best-known philosophers, saints, writers, and scientists: St. Augustine, Norman Cousins, Leo Tolstoy, Lao-Tzu, William Blake, Albert Einstein, St. Teresa of Avila, Mother Teresa of Calcutta, G.K. Chesterton, Thomas Merton, William James, the Buddha, Anandamayi Ma, Jalaluddin Rumi, Miguel de Cervantes, Helen Keller, Ralph Waldo Emerson, Spinoza, Mahatma Gandhi, George Bernard Shaw, and many others.

About the Author

Schooled in both Eastern and Western traditions, Eknath Easwaran took to the spiritual life amidst a successful career in India as a professor of English literature, writer and lecturer. He came to the University of California, Berkeley, in 1960 on the Fulbright exchange program and established the Blue Mountain Center of Meditation in Northern California in 1961. His deep personal experience and his love for his students have made the ancient art of meditation accessible to those who hold jobs and live active lives among friends and family.

Users Review

From reader reviews:

Karl Schueller:

Have you spare time to get a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a stroll, shopping, or went to the particular Mall. How about open or read a book eligible Words to Live by: Inspiration for Every Day? Maybe it is to be best activity for you. You realize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have different opinion?

Steven Bemis:

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