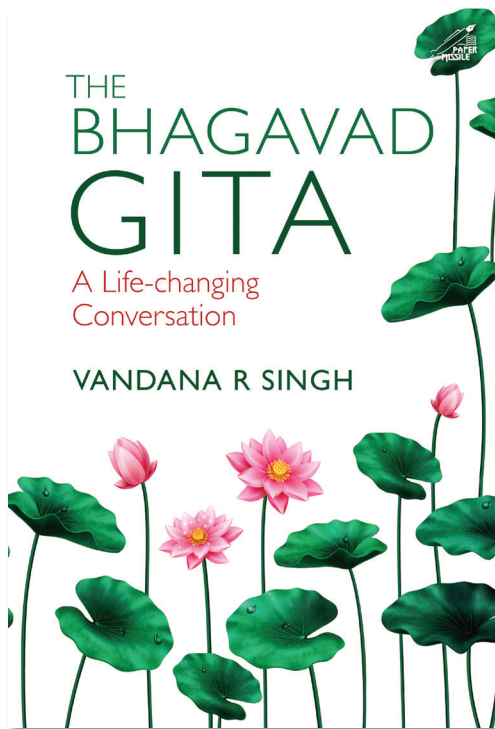




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The Bhagavad Gita

A Life-changing Conversation

Vandana R Singh

Communicating Conflicts—Clearing Mental Cobwebs the Gita way

For most of us the *Gita* evokes an image of Krishna addressing Arjuna who is dutifully kneeling before him with folded hands, with a chariot and the battlefield as a backdrop. We have seen versions of this image on wall calendars, diaries, amateur paintings, and on walls of religious spaces. Year after year, our exposure to the *Gita* remains limited to these fleeting visual engagements as they become part of our muscle memory as we go about our chores.

This book, as the title suggests, decodes life lessons from each section of the *Gita*, looking at this ancient text through a twenty-first century prism. Far from being a mere compilation of selected didactic verses, this narrative skillfully strings together 251 verses of the *Gita*. It deciphers each of them, and presents the takeaways as tools to face situations of modern-day distress, dilemma and inner conflict.

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A PhD in Indian writings in English, **Vandana R Singh** is an author, translator and editor. She has been Associate Professor of English at GCG, Panjab University, and has worked as a bilingual teacher for the Manchester Education Committee, UK. Her literary translations from Hindi to English include works of Premchand, Krishna Sobti and Geetanjali Shree. Winner of the Award of Recognition for outstanding contribution to literature by the Chandigarh Sahitya Akademi, she has authored several books on Communication Skills and ELT for Oxford University Press. She has been a consultant editor for several UN organisations and textbook developer for NCERT & NIOS.

A keen gardener and bonsai enthusiast, she views translation as a social responsibility contributing to building cross-cultural bridges. She is fascinated by words—their origin and evolution.

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Endorsement:

There are those who make a fetish out of reading Bhagavad Gita—a shloka a day, for example. That's not how one should read Bhagavad Gita. You do not discover Bhagavad Gita. Bhagavad Gita discovers you. One should read it when one is ready to internalize it. Typically, this happens when one faces a dilemma, an inner conflict, a shock. Vandana Singh discovered Bhagavad Gita and internalized it, as many others have, and has now decided to disseminate her learning. This has been beautifully done, sticking to the chapters, but with around one-third of the shlokas.

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