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Practical Book

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the enlightening memoir of a reluctant spiritual seeker who finds much more than she bargained for when she travels to India. As a Stanford grad in the midst of getting her PhD in Psychology, Sadhvi Sarawati was comfortable with her life. Despite

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religion. Born and educated in the US, Sadhviji has a PhD in psychology. She came to India approximately twenty-five years ago and has since lived at the Parmarth Niketan Ashram in

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