



# **Sadhana: A Textbook of the Psychology & Practice of the Techniques to Spiritual Perfection**

*By Swami Sivananda*

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### **Editorial Review**

#### **About the Author**

Swami Sivananda was a Doctor by profession. It was divine dispensation and the blessing of God upon mankind that the Doctor of body and mind renounced his career and took to a life of renunciation to qualify himself for ministering to the soul of man. He settled down at Rishikesh, practiced intense austerities and shone as a great yogi, saint, sage and Jivanmukta. His disciples many in number like Swami Satyananda Saraswati have blossomed under his care and became great masters themselves. Swami Satyananda Saraswati's books like Asanapranayama Mudra Bandha and many other titles are best sellers at amazon..

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