



## Sadhguru: More Than a Life

By Arundhati Subramaniam

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Sadhguru: More than a Life is an extraordinary story of Sadhguru, a young agnostic who turned yogi and a spiritual guru for millions of people all around the world. The author attempts to re-create the life of an exceptional man as he combines rationality with mysticism and ancient wisdom with contemporary and modern outlook.

In Sadhguru: More Than a Life, the author writes about the early life of Sadhguru and his journey from being a boisterous prankster to becoming the spiritual guide for millions around the world. The author draws from her extended conversations with Sadhguru and interviews with fellow meditators and presents a powerful portrait of a contemporary mystic and guru.

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## **Editorial Review**

### **About the Author**

Arundhati Subramaniam has authored three poetry books including *Where I Live: New and Selected Poems* and *The Book of Buddha*. She is a committed Isha yoga practitioner and a devotee of Sadhguru. She has authored and edited several books such as *Pilgrims India*, *An anthology of Indian poetry* and *Another Country*.

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