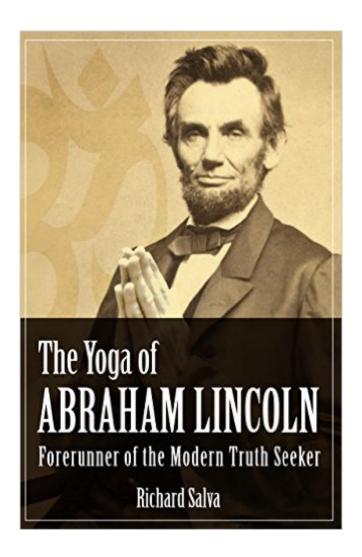
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# The Yoga Of Abraham Lincoln: Forerunner Of The Modern Truth Seeker





## Synopsis

â œAbraham Lincoln [in a past life] had been a yogi in theHimalayas.â • â •Paramhansa Yogananda,author of the classic Autobiography of aYogi AbrahamLincoln was a yogi. No. . . there is no record that he assumed the headstand during Cabinet meetings.Nor did he meditate in the lotus pose before delivering the Gettysburg Address. Yet,in many aspects of his lifeâ •in little things he did, and in his reactions tosituationsâ •Lincoln behaved, quite naturally and unconsciously, just like a yogi. Yogais more than a series of physical postures. It is a philosophy, a way of life,a spiritual path. Infact, whether they know it or not, many people today who consider themselvesâ œspiritualâ • follow a yogic way oflife. Andso did Lincoln. Lincolnwould have agreed, in his own way and to varying degrees, with certain pointsof view followed nowadays by spiritual people. He was, in some ways, aforerunner of the modern truth seeker. Thisbook was written to throw a spotlight on Lincoln's many regular, and evendaily, habits that demonstrate his affinity with the ancient spiritual scienceof yoga.

### Book Information

Paperback: 130 pages

Publisher: Crystal Clarity Publishers (April 7, 2016)

Language: English

ISBN-10: 1565893026

ISBN-13: 978-1565893023

Product Dimensions: 5.5 x 0.4 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

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Best Sellers Rank: #424,521 in Books (See Top 100 in Books) #204 in Books > Religion & Spirituality > Hinduism > Sacred Writings #517 in Books > Biographies & Memoirs > Historical > United States > Civil War #525 in Books > Religion & Spirituality > New Age & Spirituality > Reincarnation

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