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Ana Santos

5.0 out of 5 stars Understand what you're reading

Reviewed in the United States on April 11, 2019

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Been learning about upanishads on YouTube. Then after reading this book I know what I was reading. I can't tell you if some kind of spiritual affect was happening. But I can tell you that that just knowing about it made me happy.

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LP

5.0 out of 5 stars like the Bhagavad Gita

Reviewed in the United States on January 19, 2018

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Ah, the essence of Sanatam Dharma, aka Hinduism. The foundational understanding of reality, self and God. The Upanishads, like the Bhagavad Gita, are the essence of Veda and all religions, in my opinion.

A must have for all human beings!

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5.0 out of 5 stars nice book to have

Reviewed in the United States on April 16, 2015

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i bought this book because i enjoying reading the upanishads. this book adds to my collection and more detailed description. nice book to have. highly recommend this book.

4 people found this helpful

Mark this review as helpful

2 people found this helpful

Robin

5.0 out of 5 stars as advertised

Reviewed in the United States on November 3, 2015

[Format: Paperback](#) [Verified Purchase](#)
good for beginners interested in Hinduism

