



# Gita Wisdom: An Introduction to India's Essential Yoga Text

*Joshua M. Greene*

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The Bhagavad Gita is one of the most revered texts of all time, but it's often impenetrable to the 21st-century seeker. In *Gita Wisdom*, Joshua Greene retells this timeless text in a completely new way, revealing that it is, in essence, a heart-to-heart talk between two friends about the meaning of life. As Krishna and his friend Arjuna reminisce on a battlefield known as Kurukshetra, readers learn that the two played together as children, were close as young men, and became family when Arjuna married Krishna's sister. In later life the men shared extraordinary adventures, including a journey to places outside the known universe. Like all great literature, the Gita explores the human condition: who we are, where we came from, and why we're here. With a helpful glossary that lists names, terms, and places, this accessible, enlightening retelling is the perfect introduction to the Gita's venerable wisdom.

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