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discovery. Cope is at turns frank in describing his own obstacles and epiphanies, brotherly in relating anecdotes of friends and patients on similar quests, and clinical in his trenchant psychological summations of why we find ourselves estranged and how yoga and meditation bring us back to clear awareness.

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"The goal of human life," says Ramakrishna, "is to meet God face to face." But the magic is this: if we look deeply into the face of all created things, we will find God.

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