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内容简介

In February 1968 the Beatles went to India for an extended stay with their new guru, Maharishi Mahesh Yogi. It may have been the most momentous spiritual retreat since Jesus spent those forty days in the wilderness.

With these words, Philip Goldberg begins his monumental work, *American Veda*, a fascinating look at India's remarkable impact on Western culture. This eye-opening popular history shows how the ancient philosophy of Vedanta and the mind-body methods of Yoga have profoundly affected the worldview of millions of Americans and radically altered the religious landscape.

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作者简介

PHILIP GOLDBERG is the author or coauthor of nineteen books, including *Roadsigns: On the Spiritual Path* and *The Intuitive Edge*. Based in Los Angeles, he is an ordained interfaith minister, a public speaker and seminar leader, and the founder of *Spiritual Wellness and Healing Associates*. He is director of outreach for *SpiritualCitizens.net* and blogs regularly on religion for the *Huffington Post*.

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