



Awake: the Life of Yogananda

Paola di Florio and Lisa Leeman

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This stunning companion book to the movie *Awake: the Life of Yogananda*, features the entire documentary screenplay interwoven with over 400 spectacular four-color visuals, including a considerable collection of rare archival photos of Paramahansa Yogananda. The feature documentary *Awake: the Life of Yogananda*, produced by CounterPoint Films with cooperation from Self-Realization Fellowship, has seen box office sales surpass one million dollars; a feat that few documentaries ever realize.

This companion book presents a visual feast taking us from holy pilgrimages in India to Harvard's Divinity School and its cutting-edge physics labs, from the Center for Science and Spirituality at the University of Pennsylvania to the Chopra Center in Carlsbad, California. Included are behind the scenes insights and commentary from filmmakers Paola di Florio, Lisa Leeman and Peter Rader, as well as interviews with Krishna Das, George Harrison, Ravi Shankar and many others.

AWAKE: The Life of Yogananda the feature documentary, is an unconventional biography about Paramahansa Yogananda, widely considered the person who brought yoga and meditation to the West in the 1920s. Yogananda made ancient Vedic teachings accessible to a modern audience, attracting many followers and inspiring the millions who practice yoga today. Filmed over three years with the participation of 30 countries around the world, the documentary examines the world of yoga, modern and ancient, east and west, scientific and spiritual and explores why millions today have turned their attention inwards, bucking the limitations of the material world in pursuit of Self-realization.

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Is it anyone who having spare time subsequently spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something totally new? This Awake: the Life of Yogananda can be the answer, oh how comes? A fresh book you know. You are consequently out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these books have than the others?

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