

Review of: "The Vedic Foundations of Secular Mindfulness: A Study of Upaniṣad and Yoga Influences"

Apar Saoji¹

¹ Swami Vivekananda Yoga Anusandhana Samsthana

Potential competing interests: No potential competing interests to declare.

This is an interesting and important manuscript. The authors draw the parallels between the concepts from Advaita vedanta, yoga and mindfulness. The author carefully examines both the historical development of both the concepts/philosophies along with their similarities and differences. The language and references are profound and I recommend this manuscript in current form.