



# **Jaina Yoga (Lala Sundar Lal Jain Research Series, Vol 1)**

*R. Williams*

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This book describes what the Jainas considered to be the way of life proper to a layman. It attempts to examine the contents of the principal Jaina Sravakacaras. As these texts are not well known and often not easily accessible, some information about their authors has also been given and a few excerpts, designed to show the extent to which one writer depends on another, have been included in an appendix.

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