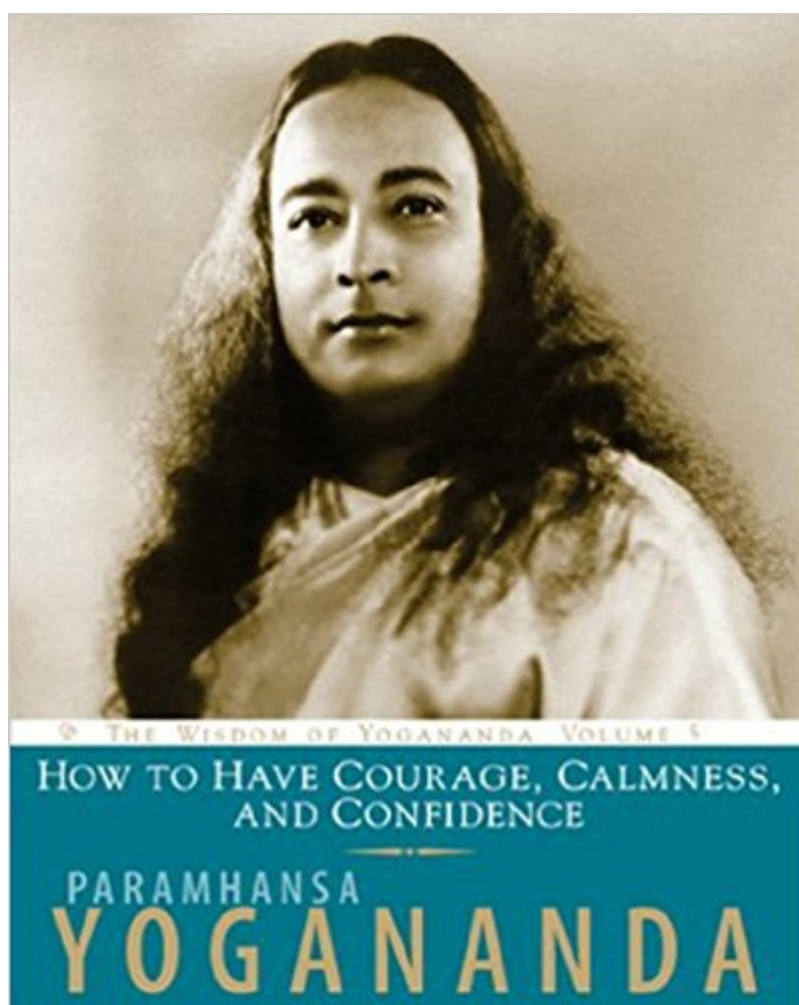


The book was found

How To Have Courage, Calmness And Confidence: The Wisdom Of Yogananda (Volume 5)



Synopsis

This powerful book shows you how to transform your life: - Dislodge negative thoughts & depression
- Uproot fear and thoughts of failure ? even in the midst of trying circumstances - Cure nervousness
- Systematically eliminate worry from your life - Overcome anger, sorrow, over-sensitivity, and a host of other troublesome emotional responses - Learn to strengthen the heroic element in yourself.

Book Information

Series: Wisdom of Yogananda (Book 5)

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Customer Reviews

There couldn't be a better time to release this book than 2010. This little book is the perfect companion for anyone going through difficult times. The words in the book are from Yogananda, a teacher well known to most of our readers. These particular articles are taken from some of his earlier lessons and articles that are no longer widely available. Filled with practical ideas and practices, some of these entries were written during the Great Depression and deal with such topics as finding a job, handling depression, and changing one's consciousness from lack to abundance. There's a wonderful section about how to use affirmations, meditate, and stay centered in the midst of any storm. Make space on your desk for this little book. Pick it up often, read it, practice what it teaches, and watch happiness flow into your life. (Krysta Gibson, New Spirit Journal, Dec 2010)

For over 40 years I have been inspired by the writings of Yogananda. Some of his language pays tribute to various religious traditions, but his message is pertinent to the modern thinker. Yogananda

explains, in short, sublime chapters, how one can achieve self-realization and attain one's higher self. Yoga meditation techniques are succinctly summarized to enable the untrained novice to begin simple meditation. If you have not yet discovered the treasure that is Paramahansa Yogananda, you are in for a treat at least, ecstasy at best! If like myself, you crossed paths with the Autobiography of a Yogi decades ago but lost contact over the years, this book will reignite your passion, your fervor, and your faith! Faith in yourself! Faith that can make you free! Yogananda is not one of the charismatic religious gurus that profited and fell into ill-repute in the mid-20th century. The only thing he shares with them is chronology. Yogananda's teaching are timeless and in a class of their own. If the title of this book appeals to you, I advise you to get it now! You are very close to reaching your higher self.

This book was not published by Self Realization Fellowship, and does not even "read" like it was written by Yogananda. In the future, I will make sure I only purchase SRF published books which have the true writings of Paramahansa Yogananda

even amongst the other Ananda published "How To" series , which are quite random compilations of articles, essays and stories by Yogananda.. this volume is a flawless reflection of a divine mind; important.

I just received this book less than a week ago and have only read it once, but I can honestly say that you feel a special kind of peace and new realization about life after reading it. Best of all, it's an easy read and gives you great insight into why you have certain negative recurring thoughts such as fear, worrying, self doubt, etc. You can't help but reflect on yourself and your thoughts afterwards. It's definitely one of those books that you read over and over again to really let it all sink in.

All of Yogananda's books never fail to give me strength and comfort when I'm feeling discouraged, but this one is especially helpful for anyone who is looking to find inner peace and calmness to overcome the obstacles of life. You can feel his energy reverberating throughout the book. Highly recommended.

Love this book and the positive affirmations and lessons.

Short and effective book for everyday living

I recommend this book to anyone and everyone. Wise words of advice from the author of Autobiography of a Yogi. I purchased this book for my family members to read. It's short, and easy to follow.

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