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Inner Peace (Self-Realization Fellowship)

By Paramahansa Yogananda



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Inner Peace (Self-Realization Fellowship) By Paramahansa Yogananda

For all who feel that stress and nervousness are an unavoidable fact of modern life, one of the great spiritual teachers of our time reminds us that within each one of us is an inner core of peace that we can learn to access at will.

Wise and encouraging counsel, compiled from the talks and writings of Paramahansa Yogananda, shows you how to:

- * overcome fear, worry, anger, nervousness, moodiness
- * stay calmly present and actively focused, no matter what is going on around you
- * experience the expansive timelessness and beauty of each moment.

Practical, inspiring, and highly effective, this book empowers you to transform busy-ness and stress into happiness and peace. *Inner Peace* offers a potent antidote to our fast-paced world.



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Inner Peace (Self-Realization Fellowship) By Paramahansa Yogananda Bibliography

- Sales Rank: #446171 in Books
- Published on: 1999-10-01
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x 4.75" w x .75" l, .51 pounds
- Binding: Hardcover
- 130 pages

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Editorial Review

About the Author

Born in India on January 5, 1893, Paramahansa Yogananda devoted his life to helping people of all races and creeds to realize and express more fully in their lives the true beauty, nobility, and divinity of the human spirit. After graduating from Calcutta University in 1915, Sri Yogananda took formal vows as a monk of India's venerable monastic Swami Order. Two years later, he began his life's work with the founding of a how-to-live school since grown to twenty-one educational institutions throughout India where traditional academic subjects were offered together with yoga training and instruction in spiritual ideals. In 1920, he was invited to serve as India's delegate to an International Congress of Religious Liberals in Boston. His address to the Congress and subsequent lectures on the East Coast were enthusiastically received, and in 1924 he embarked on a cross-continental speaking tour. Over the next three decades, Paramahansa Yogananda contributed in far-reaching ways to a greater awareness and appreciation in the West of the spiritual wisdom of the East. In Los Angeles, he established an international headquarters for **Self-Realization Fellowship**, the nonsectarian religious society he had founded in 1920. Through his writings, extensive lecture tours, and the creation of Self-Realization Fellowship temples and meditation centers, he introduced hundreds of thousands of truth-seekers to the ancient science and philosophy of Yoga and its universally applicable methods of meditation. Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the direction of Sri Mrinalini Mata, one of his closest disciples and president of Self-Realization Fellowship/Yogoda Satsanga Society of India since 2011. In addition to publishing his writings, lectures and informal talks (including a comprehensive series of Self-Realization Fellowship Lessons for home study), the society also oversees temples, retreats, and centers around the world.

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