



By Paramahansa Yogananda

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Paperback. Book Condition: New. New edition. 132 x 81 mm.
Language: English . Brand New Book. In this book
Paramahansa Yogananda offers prayers and affirmations that
beginners and experienced meditators alike can use to awaken
the boundless joy, peace, and inner freedom of the
soul.Includes introductory instructions on how to meditate. An
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