



How To Have Courage, Calmness, And Confidence: The Wisdom of Yogananda, Volume 5

Paramhansa Yogananda

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How To Have Courage, Calmness, And Confidence: The Wisdom of Yogananda, Volume 5 Paramhansa Yogananda

Courage, calmness, and confidence are the secrets to dealing with any difficulty life sends. The "impossible" becomes manageable, and a stepping-stone to greater inner strength. Everyone can be courageous, calm, and confident, because these are qualities of the soul. Hypnotized with material thinking and desires, many of us have lost touch with our inner power. In this potent book of spiritual wisdom, Paramhansa Yogananda shares the most effective steps for reconnecting with your divine nature. You'll learn how to:

- * Access powerful soul qualities
- * Overcome the great obstacles: worry, fear, nervousness, and anger
- * Attune to the Divine within you through concentration and meditation
- * Use scientific healing affirmations to transform your thinking and your experience of life

The soul has everything it needs to meet every test of life. As you live in tune with the power of your soul, your life will be completely transformed.

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