



How to Achieve Glowing Health and Vitality

By Paramahansa Yogananda

Crystal Clarity,U.S., United States, 2012. Paperback. Book Condition: New. 173 x 142 mm. Language: English . Brand New Book. Paramhansa Yogananda, a foremost spiritual teacher of modern times, offers practical and wide-ranging suggestions on how to have more energy and to live a radiantly healthy life. The principles in this book promote physical health and all-round well-being, mental clarity, and ease and inspiration in your spiritual life.

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