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Books Details:

Title: Metaphysical Meditations (Jap

Author: Paramahansa Yogananda

Released: 2013-02-01

Language:

Pages: 178

ISBN: 087612239X

ISBN13: 978-0876122396

ASIN: 087612239X

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Description:

About the Author Hailed as the *the Father of Yoga in the West*, Paramahansa Yogananda is regarded as one of the great spiritual figures of our time. Born in northern India, he came to the United States in 1920, where for more than 30 years he taught the ancient science of meditation and the art of balanced spiritual living. That same year he founded Self-Realization Fellowship, to disseminate his writings and teachings worldwide. Through his best-selling classic, *Autobiography of*

a Yogi, and his numerous other books, he has introduced millions throughout the world to the spiritual principles of yoga meditation and the universal truths underlying all world religions.

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