



The Essence of Self-Realization: The Wisdom of Paramhansa Yogananda

Swami Kriyananda

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The scope of this book is vast; it offers as complete an explanation of life's true purpose, and the way to achieve that purpose, as may be found anywhere. A few of the chapters include The True Purpose of Life On Meditation How to Pray Effectively The Law of Karma The Lesson of Reincarnation and Ways in Which God Can Be Worshiped. Filled with lessons and stories that Yogananda shared only with his closest disciples, this volume offers one of the most insightful and engaging glimpses into the life and lessons of a great sage. Much of the material presented here is not available anywhere else.

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