



## How to Achieve Glowing Health and Vitality: The Wisdom of Yogananda, Volume 6

*By Paramhansa Yogananda*

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### **Editorial Review**

#### About the Author

Hailed as the father of Yoga in the West, Paramahansa Yogananda - author of the spritual classic Autobiography of a Yogi - is regarded as one of the great spiritual figures of our time. Born in India on January 5, 1893, he devoted his life to helping people of all races and creeds to realize and express more fully in their lives the true beauty, nobility, and divinity of the human spirit.

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