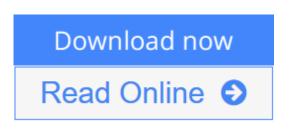


### How to Achieve Glowing Health and Vitality: The Wisdom of Yogananda, Volume 6

By Paramhansa Yogananda



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Paramhansa Yogananda, a foremost spiritual teacher of modern times, offers practical, wide-ranging, and fascinating 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. Readers will discover: ? Priceless Energization Exercises for rejuvenating the body and mind ? The art of conscious relaxation ? Diet tips for health and beauty.

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#### 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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