



How to Be Happy All the Time (Wisdom of Yogananda) (v. 1): How to Be Happy All the Time v. 1

By Paramhansa Yogananda

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The human drive for happiness is one of our most far-reaching and fundamental needs. Yet, despite our desperate search for happiness, according to a recent Gallup Poll, only a minority of North Americans describe themselves as "very happy." It seems that very few of us have truly unlocked the secrets of lasting joy and inner peace. Now, in this volume of all-new, never-before-released material, Paramhansa Yogananda—who has hundreds of thousands of followers and admirers in North America—playfully and powerfully explains virtually everything needed to lead a happier, more fulfilling life. Topics covered include: looking for happiness in the right places; choosing to be happy; tools and techniques for achieving happiness; sharing happiness with others; balancing success and happiness, and many more. The Wisdom of Yogananda series features writings of Paramhansa Yogananda not available elsewhere. These books capture the Master's expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance. The books include writings from his earliest years in America, in an approachable, easy-to-read format. The words of the Master are presented with minimal editing, to capture the fresh and original voice of one of the most highly regarded spiritual teachers of the 20th century.

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Editorial Review

Review

Yoga and meditation practitioners usually come across Yogananda at some point on their spiritual journey. The Indian spiritual teacher who penned the book *Autobiography of a Yogi* is legendary—mostly because his account of enlightenment is so incredibly inspiring to spiritual seekers in the west.

This volume combines new material from Paramhansa Yogananda—and is appropriate not just for his hundreds of thousands of followers and admirers in North America.

The book includes short excerpts from his talks, writing and teachings within his community. What comes across is that this yogi is not only wise but able to use words to playfully explain some of the most complicated ideas about spirit.

The book covers many topics—including the search for happiness, sharing happiness with others, techniques for finding happiness, balancing success and happiness, and so forth.

RECOMMENDATION:

I liked this book. It's simple format and rich content make it an easy gift for yoga and meditation practitioners of all ages.

--Taz Tagore, *Beliefnet.com*, April, 2012

From the Publisher

This book offers you simple yet profound secrets for bringing happiness into your life in all circumstances. The thoughts are engaging, practical, and deeply inspiring. The author, Paramhansa Yogananda, came to the United States from India in 1920, bringing Americans the teachings and techniques of yoga, the ancient science of soul-awakening. He was the first master of yoga to make his home in the West, and his *Autobiography of a Yogi* quickly became a worldwide bestseller, fueling the awakening fascination with Eastern teachings in the West. Yoga is the ancient science of redirecting one's energies toward spiritual awakening. In addition to bringing Americans the most practical and effective techniques for meditation, Yogananda applied these principles to all areas of life. He showed people how to approach life from a center of inner peace and happiness. He was a prolific writer, lecturer, and composer during the 32 years he lived in America. The quotations included in this book are taken from many of the lessons he wrote in the 1930s, from *Inner Culture* and *East West* magazines published before 1943, as well as from his original interpretation of *The Rubaiyat of Omar Khayyam*, edited by Swami Kriyananda, and from notes taken by Swami Kriyananda during his years living with Yogananda as a close disciple. Publisher's Note 9 Our goal in this book is to let the Master's spirit come clearly through, with minimal editing. Sometimes sentences have been deleted because of redundancy, sometimes words or punctuation have been changed to clarify the meaning. Most of what is included here is not available elsewhere. We sincerely hope that Yogananda's words will fill your life with greater peace, fulfillment, and true happiness.

From the Inside Flap

True happiness is not an "impossible dream." You can begin today to experience happiness flowing in all aspects of your life. Yogananda shares the truths that make this possible.

Paramhansa Yogananda (1893-1952), one of the most renowned and beloved yoga masters of the 20th

century, is the author of the spiritual classic, *Autobiography of a Yogi*. One of the first teachers to bring yoga to the West, Yogananda emphasized direct inner experience of the Divine, which he called "Self-realization." His teachings are universal and offer a practical approach to inner awakening.

In his early years in America, Yogananda wrote several sets of lessons and many articles that are no longer widely in print. The writings in the *Wisdom of Yogananda* series are drawn from these sources.

Users Review

From reader reviews:

Ryan Mendoza:

This *How to Be Happy All the Time (Wisdom of Yogananda) (v. 1): How to Be Happy All the Time v. 1* are usually reliable for you who want to become a successful person, why. The key reason why of this *How to Be Happy All the Time (Wisdom of Yogananda) (v. 1): How to Be Happy All the Time v. 1* can be one of many great books you must have will be giving you more than just simple reading through food but feed a person with information that perhaps will shock your preceding knowledge. This book is definitely handy, you can bring it everywhere and whenever your conditions in e-book and printed kinds. Beside that this *How to Be Happy All the Time (Wisdom of Yogananda) (v. 1): How to Be Happy All the Time v. 1* forcing you to have an enormous of experience for example rich vocabulary, giving you tryout of critical thinking that could it useful in your day action. So , let's have it appreciate reading.

Gina Keller:

This book untitled *How to Be Happy All the Time (Wisdom of Yogananda) (v. 1): How to Be Happy All the Time v. 1* to be one of several books that best seller in this year, here is because when you read this guide you can get a lot of benefit on it. You will easily to buy this book in the book retailer or you can order it through online. The publisher on this book sells the e-book too. It makes you more easily to read this book, because you can read this book in your Cell phone. So there is no reason to you to past this reserve from your list.

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Chris Manley:

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