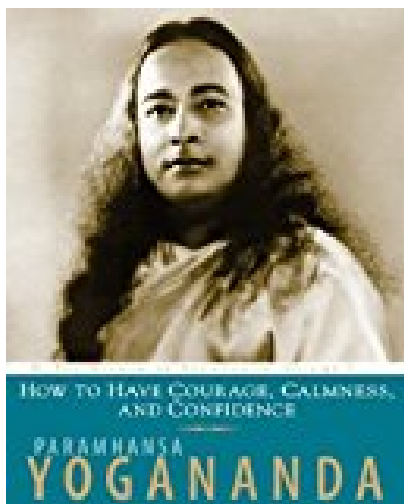


# How to Have Courage Calmness and Confidence The Wisdom of Yogananda Volume 5

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## BOOK DETAILS

- Author : Paramhansa Yogananda
- Pages : 158 Pages
- Publisher : Crystal Clarity Publishers
- Language : English
- ISBN : 1565892496



## BOOK SYNOPSIS

This powerful book shows you how to transform your life: - Dislodge negative thoughts & depression - Uproot fear and thoughts of failure ? even in the midst of trying circumstances - Cure nervousness - Systematically eliminate worry from your life - Overcome anger, sorrow, over-sensitivity, and a host of other troublesome emotional responses - Learn to strengthen the heroic element in yourself.

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