



Autobiography of a Yogi (Chinese Language Edition) (Chinese Edition)

By Paramahansa Yogananda

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Often described as the book that has *changed the lives of millions*, Paramahansa Yogananda's *Autobiography of a Yogi* has been translated into 20 languages, and is regarded worldwide as a spiritual classic. It was selected as "One of the 100 Best Spiritual Books of the Twentieth Century." It reads like an adventure story while answering questions about religion, God, existence, yoga, higher consciousness, and the challenges of daily spiritual living. It is a book for people of all faiths; anyone yearning to know what life is truly all about.

Self Realization Fellowship's editions, and non others, incorporate all of the author's significant revisions to the text of the 1946 first edition.

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Editorial Review

Review

One book in particular stayed with Steve Jobs his entire life, Autobiography of a Yogi...'the guide to meditation and spirituality that he had first read as a teenager, then re-read in India and had read once a year ever since.' --Huffington Post, review of Walter Isaacson's biography of Steve Jobs

Fabulous stories from Yogananda's life keep the reader inspired, informed, and thoroughly entertained from beginning to end. --Yoga Journal

This book is a must-read for the budding yogi, the spiritual veteran looking for a deeper understanding, and everyone in between... --Yogi Times

About the Author

Hailed as "the father of Yoga in the West", Paramahansa Yogananda is regarded as one of the great spiritual figures of our time. Born in northern India, he came to the United States in 1920, where for more than 30 years he taught the ancient science of Kriya Yoga meditation and the art of balanced spiritual living. That same year he founded **Self-Realization Fellowship**, to disseminate his writings and teachings worldwide. Through his best-selling classic, *Autobiography of a Yogi*, and his numerous other books, he has introduced millions throughout the world to the spiritual principles of yoga meditation and the universal truths underlying all world religions.

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