



Finding Happiness: Day by Day

Swami Kriyananda

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“When you change, your whole world changes.”

Here is a secret, well worth knowing: Happiness is a choice, a state of mind you can cultivate day by day.

Try the simple method of positive thinking and expansive living described in this book, and watch your life change for the better.

Swami Kriyananda was a direct disciple of Paramhansa Yogananda, trained by the great Indian master to spread the life-transforming teachings of Kriya Yoga around the globe. He was widely considered one of the world's foremost experts on meditation, yoga, and spiritual practice, having authored over 140 books on these subjects.

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Maryann Goldberg:

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