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## Adversity and Awakening

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By Swami Satchidananda

Integral Yoga Publications, United States, 2012. Paperback.  
Book Condition: New. 140 x 107 mm. Language: English . Brand New Book. Adversity and Awakening is a treasury of core teachings for facing life's biggest challenges with peace and equanimity. Topics include the nature of suffering, finding peace and joy in a chaotic world, faith and fear don't go together, natural disasters, terrorism, why anger won't help us, facing death and loss, religion doesn't teach violence and hatred, comforting victims of disaster, how to pray, and what you can do. Swami Satchidananda affirms, The Future is Bright. Adversity and Awakening includes clear instruction in three easy yet powerful stress busters-deep breathing, guided deep relaxation, and Om Shanti meditation. It offers solace and practical wisdom for inner victory over challenging times in today's world.



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