



Finding the Joy Within You: Personal Counsel for God-Centered Living

Sri Daya Mata

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Finding the Joy Within You is a compassionate and deeply encouraging book that speaks to all who long to know that God is real, that He is near to us at all times, and that we can live every day of our lives in intimate communion with Him. In this collection of talks, informal counsel, and personal reminiscences, Sri Daya Mata shares the guidance and inspiration she received as a close disciple of Paramahansa Yogananda, one of the preeminent spiritual figures of our time and author of the widely acclaimed *Autobiography of a Yogi*.

This anthology conveys the in-depth guidance she absorbed during her more than twenty years of day-to-day association with the great teacher: the practices and principles that lead to realization of the infinite love and joy that are hidden within every human being, just waiting to be discovered.

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