


A Guide to Human Conduct

 A Guide to Human Conduct by Shrii Shrii Anandamurti

Herein the author explains Yama and Niyama, traditionally-accepted cardinal principles of morality, in a modern way, and at the same time places those principles on a clear scientific basis. The reader will learn that ancient teachings of self-control and selfless conduct stem in fact from the deepest understandings of human psychology, and are keys to the release of the highest human potentials.

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