



The Mantram Handbook

Eknath Easwaran

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Every person has ways of dealing with life's challenges, but these resources are often locked beneath layers of stress and anxiety. Focused repetition of a mantram, or holy name, provides a simple, effective way to regain one's natural clarity, energy, confidence, and control. The good news is that the mantram's power to heal, calm, and restore is available to anyone.

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