



# Looking from Within: A Seeker's Guide to Attitudes for Mastery and Inner Growth: 1

*A.S. Dalal*

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**Looking from Within: A Seeker's Guide to Attitudes for Mastery and Inner Growth: 1** A.S. Dalal

A seeker's Guide to Attitudes for Mastery and Inner Growth. All of the many approaches for the attainment of mastery and inner growth involve the cultivation of certain attitudes which are related to inner or psychological states from which we look at and react to everything in life. This book deals with such basic attitudes in the light of Sri Aurobindo's Yoga.

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