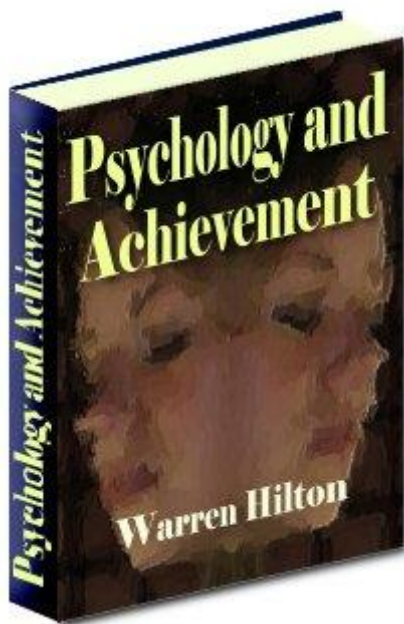


Psychology And Achievement - Discover The Wide And Hitherto Hidden Realm Of Human Energies And Resources Within You



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Book Excerpts: CHAPTER I ATTAINMENT OF MIND CONTROL The men of the nineteenth century have harnessed the forces of the outer world. The age is now at hand that shall harness the energies of mind, new-found in the psychological laboratory, and shall put them at the service of humanity. Are you fully equipped to take a valiant part in the work of the coming years? The greatest of all eras is at hand! Are you increasing your fitness to appreciate it and take part in it, or are you merely passing your time away? Take careful note for a week of the incidents of your daily life--your methods of work, habits of thought, modes of recreation. You will discover an appalling waste in your present random methods of operation. How many foot-pounds of energy do you suppose you annually dump into the scrap-heap of wasted effort? What does this mean to you in dollars and cents? In conscious usefulness? In peace and happiness? Individual mental efficiency is an absolute prerequisite to any notable personal achievement or any great individual success. Your mental energies are the forces with which you must wage your battles in this world. Are you prepared to direct and deploy Achievement these forces with masterful control and strategic skill? Are you prepared to use all your reserves of mental energy in the crises of your career? A Mighty and Intelligent Power resides within you. Its marvelous resources are just now coming to be recognized. Recent scientific research has revealed, beyond the world of the senses and beyond the domain of consciousness, a wide and hitherto hidden realm of human energies and resources. These are mental energies and resources. They are phases of the mind, not of the "mind" of fifty years ago, but of a "mind" of whose operations you are unconscious and whose marvelous breadth and depth and power have but recently been revealed to the world by scientific experiment. In this Basic Course of Reading we shall lay before you in simple and clear-cut but scientific form the proof that you have at your command mental powers of which you have never before dreamed.

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