

THE LIBRARY OF  
CONGRESS  
SERIAL RECORD

LE 6 1945

COPY \_\_\_\_\_  
GIFT 2

# Mind The Builder Magazine



**DR. A. A. LINDSAY**

**AUTHOR** Complete Library Psychology Literature  
**LECTURER** Founder of Society of Soul Culture

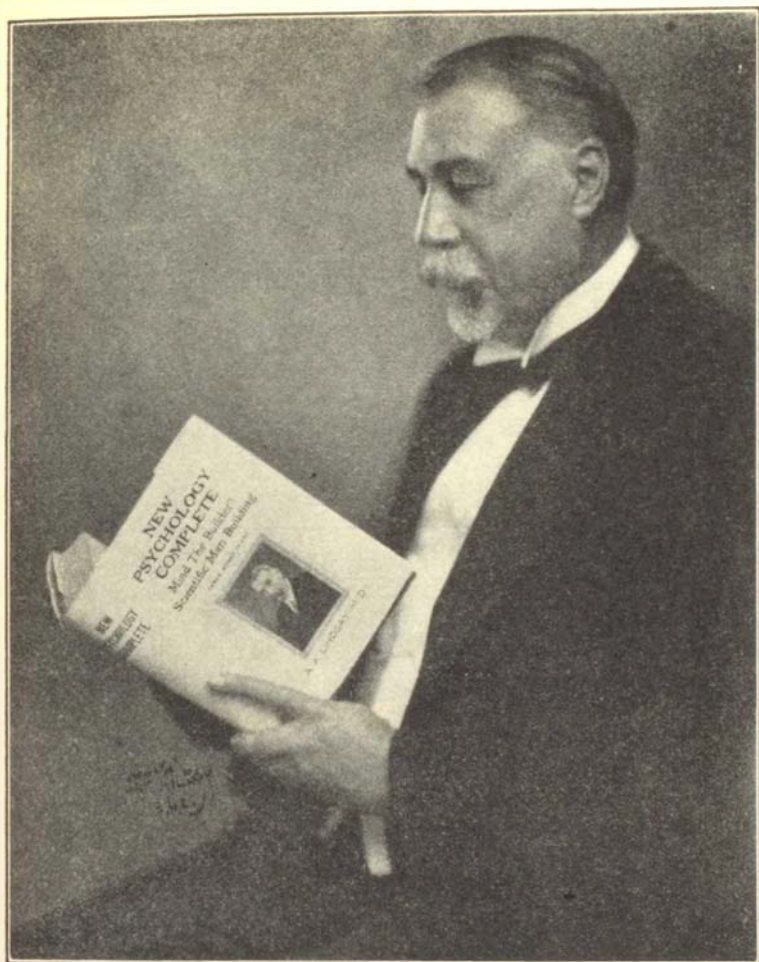
---

**Hotel Ansonia - New York City**

---

**MARCH**  
**1939**





### TO OUR PATRONS AND FRIENDS

All annual subscriber's subscriptions ended with January issue.

New volume, new year began with February, 1939—Renewal and remittance sought. Extension of subscription to the magazine fund is necessary—more contributors needed. Last year the writer's financial burden was too much.

DETROIT VISIT PROBABLY MONTH OF  
APRIL AT HOTEL WOLVERINE  
PATRONS ADVISED TO RESERVE  
APPOINTMENTS

March

1939

# Mind The Builder ... Magazine ...

VOL. 2, No. 2 - Copyright 1939 by Arthur A. Lindsay

---

"MIND THE BUILDER MAGAZINE," An established monthly publication, written or edited by Dr. Arthur A. Lindsay, owner, location, Hotel Ansonia, New York City.

Annual subscription, \$1.00—single copy, 25 cents.

---

PLEASE SEND NAMES OF YOUR FRIENDS WHO MIGHT BECOME INTERESTED IN THE LAWS AND FORMULAS OF TRUE PRACTICAL PSYCHOLOGY, WHICH WILL BE IN EVERY ISSUE OF MIND THE BUILDER MAGAZINE.

Author also of "New Psychology Complete, Mind the Builder and Scientific Man Building." Three books in bound volume of 450 pages, \$3.50. Also "Life's High Way, and how to Travel It," 140 pages, 6x9, 50 cents, and "Scientific Prayer and Wayside and the Goal," 25 cents. All books, at price of Big Book, \$3.50. now.

It should be noted that Mind the Builder Magazine is practically solid reading matter, not commercial advertisements, chiefly.

At one dollar a year a gift is comprehended in every issue—it cannot be produced and delivered for that sum.

Our literature inspires many questions and Dr. Lindsay is glad to give his personal attention to replies to all psychological interrogations—readers may address, for all purposes,

---

DR. A. A. LINDSAY, PUBLISHING  
Hotel Ansonia, New York City



### WARMLY NOT COLDLY SCIENTIFIC

---

ALTHOUGH the purposes, healing, culture, body and character building and art development, through the scientific application of MIND (SPIRITUAL) methods, do not depend upon the scientific knowledge of how the image reaches every cell of the body and may change every material particle of the body, certainly an operator can act more confidently and the recipient of the service may respond better too if the subject is accurately understood, by both.

Anyone, who accepts the wording as simple statements and really studies a little, will become enthused, will sense the same loving interest in the welfare of the student that inspires all my writing, and will experience the comfort of knowing and the warmth that attends the perception of a proven truth

—hence 'tis not cold, this is a warming, scientific treatise in biology, physiology and psychology.

I know there are those who wish to help others through the application of the spiritual formulas and, of course, if one becomes perfectly informed upon the laws of the image and the formula through which the image (suggestion) becomes placed in the soul, one can administer the benefits mentioned in the first line of the above. My college study of histology, microscopy, anatomy, physiology, biology and dissecting, surely provided a degree of appreciation of an instrument of and for something; a knowledge of a machine, but however perfect that knowledge, to me it was of no value without that vital disclosure, the power and how NATURE APPLIES THE POWER.

My reader should be assured that although one can change the image that directs that power without knowing the construction of the body, the instrument, he knows that his equipment is best completed when he has gained the knowledge of when and where spirit does lay hold of matter to create each human, mind, soul and body.

Mind the Builder Magazine will convey, to everyone who will read, with a little thought, and really observe the pictures, sufficient information upon mental, physical and spiritual phases (know enough of all the ologies, etc.) to give the essential assistance to others and also to be most responsive to the Natural laws and formulas in receiving the assistance of another. I can assure you that my life's usefulness was greatly advanced through the information I herein offer to every reader—your efficiency will be accentuated whatever may be your work or your need.

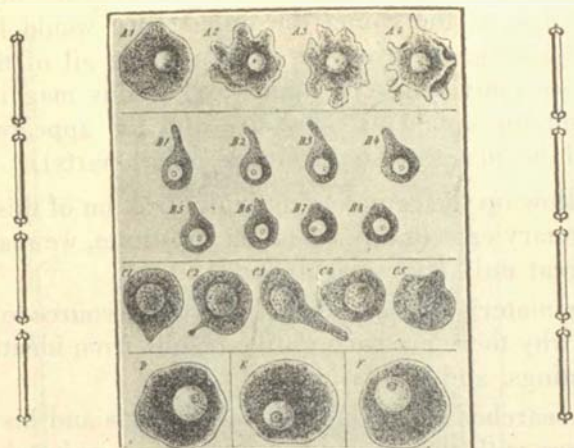


IMAGE AND IMPULSE

### PLATE ONE

All bodies are built by the power of the intelligence within the germ cell of that seed fully empowered to produce the individualization of the thing of which it is the kind. There is, therefore, no more occasion for a special providence to preside over building a man than to create an oak tree.

There is a potency in the soul present in the primary egg cell of a human to unfold an embryo, infant and adult, the same is true of the seed, acorn germ cell for its purposes.

In plate one, we have in the top line the primary egg cell of the sponge animal in a series of positions and *shapes* taken as it develops. The second and third lines are different shapes of the one primary cell of the parasite crab (louse) and in the fourth line is the primary cell of the cat, while in the bottom line, left hand corner, is the ovum of a trout and following it, the chicken and then that of the human.

If in the place of the ovum of the sponge animal we

had placed that of the elephant and in place of the crab, that of the camel the appearance would have been just the same or we could replace all of these with so many kinds of plants and grains magnified and photographed as these are and the appearance would be just the same, (in germinal parts).

Follow up the complete individualization of this set of primary eggs or any we might substitute, we realize the great unlikeliness at the end.

The materialist has exhausted every resource to explain why there are such unlike results from identical beginnings, and has failed.

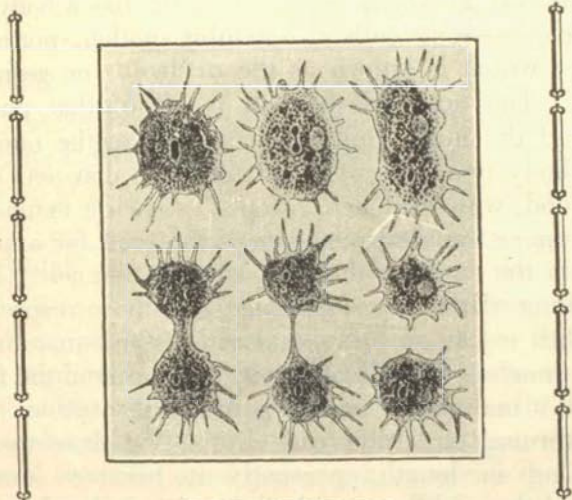
He searched through chemical analysis and his researches with the microscope were most painstaking with the highest potency of instruments, proved them all alike and no distinguishing marks in reactions chemically or forms microscopically to give any classification of species.

The different results from primary eggs which have similar physical properties are due to the *image* which is individual, present in each one, in the soul thereof.

The image is a working plan and it is inherent in the soul which has the image also to possess the impulse to build the appointments of that image, design or plan into form.

One surely realizes ere this that mind, not matter, is master; that mind, not matter, is the builder; that intelligence, not matter, holds all potency. Lest the fact go unperceived by some, I will say that since image and impulse determine what shall be the manner of the thing developing from the egg, this enthrones soul in the cell a supreme builder. There is no property of matter as such to hold image, impulse and life; mind is using matter through which to manifest these features. Therefore, *Mind is the Builder*.





## CELL STUDIES

### PLATE TWO

We will now consider some of the most important features of cells,—cell life, cell structure and cell organization and thereby become informed upon the history of the primary cell.

Plate number two exhibits that lowest form of cell animal that is adapted to practical study, the amoeba.

It is not only an example of all animal, simple form of life, but is typical in many respects of all cells including cells of every sort of tissue in the human body. In the upper left hand corner of the plate we find an adult cell known as an amoeba; an animal that lives singly, never becoming a complex organization, nor a multiple number, except for purposes of reproduction, which it does by dividing. This is an important cell because our former evolutionists said, the amoeba was the parent of every living thing.

The cell, at which you are looking, has a body and a nucleus—some cells also exhibit another spot in the center which is known as the nucleolus or germinal spot. The body of the cell is all of that portion around the inner ring, the latter being the nucleus. The body is a protoplasmic substance that acts upon the food, which the cell accepts, in such a manner as to prepare the vital elements of the food for application in the nucleus, the life center of the cell. I am speaking of the amoeba but only in those respects in which it is like an individual cell in the human body. The amoeba (or cell) wraps its body around the food, which it makes into body supply by absorption. The cell through nutrition and elimination develops, increasing in length; presently it becomes smaller around the middle as with elongation it develops two nuclei or vital centers. All of these changes are pictured in plate two. Ultimately the subject separates and we now have two cells where we formerly had one. This is cell reproduction by division.

That which is usually called *new cell* is really a result of the preceding cell dividing. Cell immortality is true as a principle, all cells present date back, but dead cells of every sort are being swept from the body constantly.

We began in the picture with a single amoeba and at the end have two, each living its individual life and preparing to divide.

When the human body was discovered to be of cell structure it was soon noted that each cell of brain, bone, blood, muscle, nerve, membrane, skin, systems and organs and the secretions of the body has its parallelism with the amoeba—even suggesting that any animal body is, physically, a great complex or-

ganization of cells, each cell having an individual life yet living its life with regard to the interests of the community.

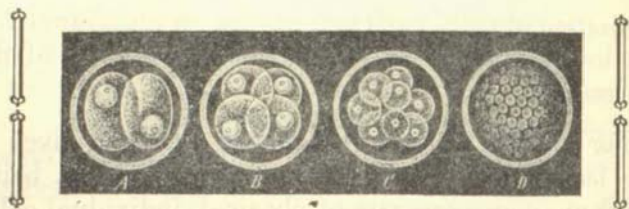
For a whole century recognition has been given to this fact of the complex organization, the body, being made up of an aggregate of physical, individual cells.

Not until your present writer showed the psychic equality of any cell of the human body to the intelligence of the amoeba was there any understandable statement published that every cell of the human body is an individual intelligence. Therefore, precisely as the aggregate of the cells, physically, comprises a physical body so would the aggregate intelligence of the cells when organized, comprise the mental and psychical result known as the human; also, since mind in the cell builds and controls the body of the cell, the aggregate mind of the organization of cells must control the physical of that organization.

The amoeba chooses its food; it flees from its dangerous enemies; it plays and it fights; it creates a shield to protect its body if acetic acid is present in the water in which it finds itself; creates a gas and inflates a portion of its body to elevate or lower it.

You are distinctly informed upon the cell intelligence; that is, I mention partially its scope when I describe the amoeba. I would add that each cell of each tissue has as perfect a range of intelligence for its purposes as the amoeba has in the fulfillment of its life.

We gave some idea of mind present in the primary cell, particularly relative to the imagery and impulse—and this should be borne in mind now when we discuss the multiplication by division in the primary cell.



### PLATE THREE

Plate number three shows the fertilized ovum of the human.

In the same manner as other cells divide, this cell applies food, develops and becomes two, the two, four and the four, eight and so on. When this multiplication has continued for a time, the cells are found taking positions relative to each other, as if some design is being followed and in a few weeks of this marvelous multiplication, one can recognize that the *human embryo* is the design; that a human being is the image in the first cell and each division of that cell. Desire for food and impulse to fulfill the image are sufficient to provide the multiplication of cells and their arrangement in that order of the human body. In order to a fulfillment of the image present in the first cell, many forms in many kinds of cells must be developed. After several series of divisions of the first cell have occurred, we find those cells working together with a result, the creation of a number of membranes that enclose those working cells. Later, in the embryonic development, we find those membrane cells being rearranged into various systems the skin from a certain membrane, bones from another and internal organs from certain others.

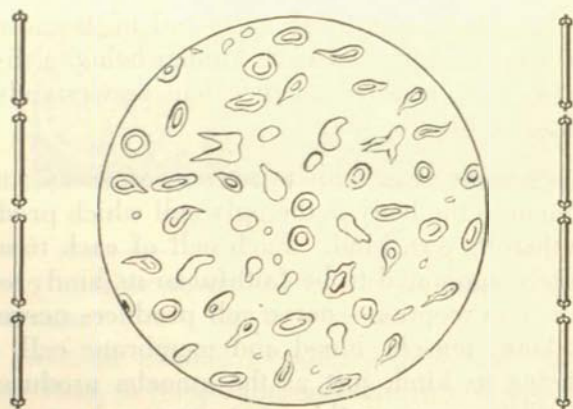
The source of all the different kinds of tissue cells is of course in the primary egg; that first cell has the potency of all other kinds of cells ever found in the

body; it is the parent of all sorts and in its evolution we have the evolution of each human being, a discovery of practical value whether one understands the evolution of Man or not.

This primary egg with a potency of every sort of cell found in the body is the only cell which produces other than its own kind. Each cell of each tissue is definitely appointed to be faithful to its kind; to this there is no exception—nerve cell produces nerve cell only; bone, muscle, blood and membrane cell, each producing its kind, just as the amoeba produces its kind and is never anything but an amoeba.

—There is no precedent in the amoeba nor any cells of human, animal or plant of a cell unfolding from or into any species unlike itself. Faithfulness to species is the first law in multiplication. That law of itself defeats the theory of man's ancestry being the lower animals. However that never passed beyond theory. These days we demand knowledge—we must relate facts, not theories.

Control of the body to preserve or regain health is a definite end of this book. I illustrate cells of the enamel of the teeth so as to convey the lesson that to the very utmost of the body, the teeth, nails, hair, marrow of the bones, the perriostium, blood, white or red corpuscles all are cellular and that intelligence, the soul, is in all of the cells; and *that phase of the mind, with which one wills and chooses and forms conclusions controls, directs and compels the soul.*



### PLATE SEVEN

Plate number seven is a demonstration of the conscious mind's power over the soul to cause the latter to make organic changes in the cells of the body.

This picture shows that all of the blood cells are deformed. To be deformed they would have to be abnormal chemically. They could not become a source of food of a wholesome sort for other cells, nor could they travel normally in the body.

The normal human blood cells are practically round, those in the picture are all sorts of irregular shapes. The man from whom these cells were taken had pernicious anaemia; worry, which is a state of the soul in emotion of depression, caused the change in the blood. Worry is, as stated, a soul condition but the individual permitting and choosing thoughts; harboring ideas; interpreting the details of life pessimistically; fixed the soul attitude.

One other organic change also on the pathological side, is that reversal of the chemistry of all the cells of all organs and tissues of the body as when a par-

oxysm of fear, worry, grief, jealousy, anger or hate takes possession of the soul; everything in the body and its products become poisonous; the tissues, that are normally acid, become alkaline in their reaction, and those which should be alkaline, become acid; there could be no more profound, organic physical changes than these, yet they all have their source in the will mind that sets the soul to expressing destructively. Practically, all disease has its source in wrong emotions, but all emotions are created or permitted by the will of the objective mind, and all could be prevented by the proper exercise of the conscious, directing mind which is placed as a sentinel over the soul. There can be no physical change organically or in function of a cell without first changing the image over the cell.

*The soul is the controlling power over the cells because soul intelligence is in the cell and the image in the cell determines what the cell shall become and do; the objective mind controls the imagery of the cell.*

Therefore man's will, volition, is supreme over everything he is or may become, be he an optimist or a man of doubt and fear.

We have, commencing at the egg, followed its division into cells that become so arranged that they form the complete body of the infant; we followed this up further, showing that all cells more or less rapidly go through the process of growing in elongation and dividing, so that every cell becomes two. We have noted, too, that this law is absolute over every cell that it divides and therefore its division must result in its multiplied self. You could not imagine anything possessed of two halves, separating its parts thereby becoming something else. Nerve could never

become muscle; bone could never become some other tissue. This being a law one must realize the necessity to have cells with which to carry on a process of repair or restoration. If one is to cure tuberculosis of the lungs, there must be lung cells which can be stimulated to multiply and it is only a question of ratio—can the rate of multiplication become greater than the destruction at the hands of disease? We do not count tuberculosis incurable, neither do we say it is curable in all instances; I should want to know that there are enough parent cells, which would, under suggestion, increase rapidly enough, to overtake destruction.

If all the cells of an organ or tissue are destroyed, one cannot cause the part to grow again, if there are parent cells they can be caused to multiply and replace the part or if the parent cells are diseased a new image of health can be impressed upon their minds, then they choose and apply a normal food and in a number of series of their multiplication, will become healthy.

We speak of an individual having normal or abnormal desires for food. Desire must be of the mind—matter could not desire. Then if the desires for food are erratic the cells become trained to desire that which is not wholesome food. Cells often become so wrong in their desires that they crave poisons, and use the toxins of the body; toxins do not make good cell bodies. It is impossible for one to have one code of standards in his conscious mind and still maintain another in the cells of the body. They all seem to be watching the choice that the objective consciousness makes so they can follow copy. A man is training his cells all of the time. Alcoholic desires,



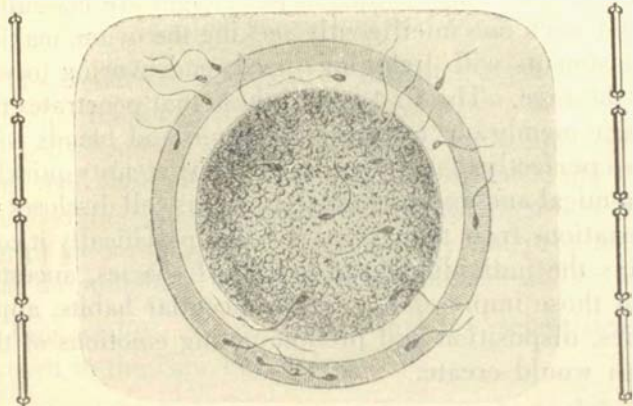
or food combinations put up particularly to act upon the palate which may become very degenerate in its standards of satisfaction, are taken as precedents by all the cells of the body.

The cells of our bodies have that heritage, perfect knowledge, each one for its purposes and possibilities. This innate knowledge upon the subject of food and enemies accounts for the cell and system rebellion in the introduction of poisons into the body which the human may choose to take. The intuition of the cells or their aggregate intelligence in the soul can only rebel and prompt the consciousness—cannot compel the volitional part of the man to obey. The amoeba can live up to its intuition but the cells of the human body that know just as perfectly as the amoeba, have to yield to the standards which the conscious mind forces upon them. One chooses wrong standards of eating and drinking; receives prompting from within that they are erroneous; he can heed intuition or he can force it into silence and make his cells accept that which is not food and after a time these very cells demand the food and drink standard which they originally repudiated. The soul is controllable by suggestion and by suggestion it can be trained to desire, even to compel a destructive practice. The bodily processes are automatic they continue to operate as set to motion until an equally great force of suggestion shall establish a different basis. Herein is our remedy, suggestion. When the automatism of the soul is supporting disease, reiterated new suggestions involving harmonious conditions of the cells, the soul's servants, must be given.

The body is a great community of intelligent individuals; each cell, indeed possessed of deific knowl-

edge, creating an aggregate, or an individual of innate perfect knowledge, for the purposes and possibilities of the individual. Yet this innate perfect is bound in all of its infinity to respect, even to wait upon the approval or direction of the finite form of mind, the objective, or exterior form of consciousness.

Why is it so? Because man is living this present life to form an individuality. If he could not choose, if he could not look out upon the objective life and world and be free to interpret it as he chooses, he could not form an individuality; he would be universal for his objective experience is forming in a peculiar fashion, that plastic self, a spark of the universal. In all of his peculiar, personal experiences, he can express perfection if he heeds those promptings of the innate self. The purpose of the New Psychology is to cause one to hear that inner voice upon all subjects. It is a science, which no other teaching has approached for all other teachings have led humanity to look without.



## THE SOURCE OF BODY AND SOUL

---

### PLATE NUMBER EIGHT

In plate number eight the large ring is the feminine egg cell or ovum with its different membranes. This should not be thought to be flat but rather spherical.

The human organism functioning through the ovary produces or ripens, ordinarily, an ovum about every twenty-eight days. Chemical and microscopic analysis demonstrates this to be a typical cell with body and nucleus. Psychical analysis discloses an intelligence for its purposes and an impulse to unite with its complement, the masculine cell, which it intelligently seeks. In its soul are the impressions that species has stamped upon it; and the predominating thought emotions of the woman's ancestors, and those of the woman. Not every variety of human cell would have occasion to be thus impressed; the egg cell has the purpose of perpetuating, not its kind of cell but human species, therefore general and specific characteristics are present.

The other little bodies in plate eight are masculine cells, each one intelligently seeking the ovum, making movements with lightning speed, endeavoring to win in the race. The first one of these that penetrates the inner membrane fertilizes the ovum and blends with it so perfectly that it loses its physical identity quickly. Chemical and microscopic tests of this cell disclose no variations from the typical cell, but psychically it contains the individual impressions of species, ancestry and those impressions that the peculiar habits, appetites, disposition and predominating emotions of the man would create.

In this union, we have coming together two similar clumps of protoplasm, chemically constituted of the same elements; surely there is nothing in the *matter* of these two tiny bodies to hold a potency of all that is known to be in a human being. Yet it has been recorded that this union of physical cells constitutes conception. I declare to you that there is nothing in this bringing together of two bodies of matter, whether of similar or unlike elements, to constitute a basis of a new individual; and that we must consider each of these a spiritual (intelligent) individual and their union out of which a man shall unfold, is a soul union. That the mind in the cell must have a physical body in order to manifest itself is already taught. From the instant of the union of the two souls there is to be but one body. Conception, through which a new being is formed, is a spiritual union.

The instant that soul in the vehicle, the masculine cell blends with the soul in the vehicle, the feminine ovum, individualization begins. A potency of a new individual existed in the parents before this occurred but their union is essential to the expression of that

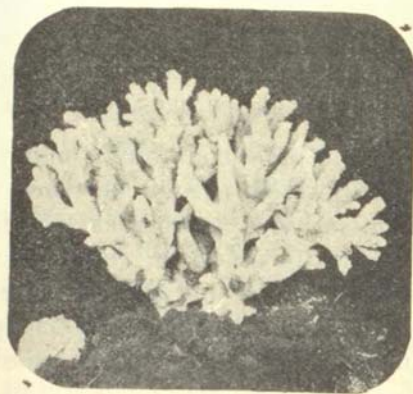
fulfillment. This is the law of the beginning of a new individual, a law that never had an exception.

The blended soul present in this primary cell is the soul that remains present in and constructs or evolves the body which is ultimately born as an infant; is the soul that continues to abide in, reconstruct and use that body until it becomes untenable, then it moves out to go on to live and fulfill its myriad prophecies that the mundane life does not make possible.

Immortality of the individual is scientifically proved in the New Psychology.

I can go back the remaining step—we have thus far taken the masculine and the feminine cells as we find them seeking each other as the masculine and feminine elements do in the vegetable world. I have proceeded to speak as freely upon human ovum fertilization as I would upon botanical fertilization, knowing that no true modesty hesitates or blushes at these subjects but only indecency and degenerate thoughts create a selfconsciousness that causes one to avoid studying and teaching this subject.

The question is quite reasonably asked: since man and woman bring these two souls of two cells together and these two souls become one in one body, did they create the mind and the matter, each in the cell he or she supplied for this union? The spiritual and physical elements always existed but are brought together to constitute a new human being.



### PLATE NUMBER NINE

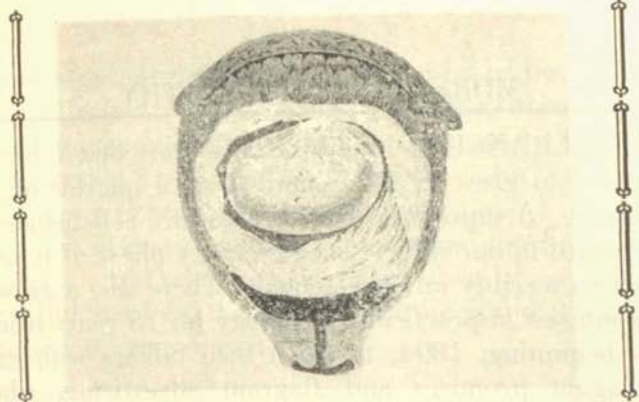
---

Study plate number nine, a most beautiful piece of coral.

The coral is not something built in the manner that bees and ants and wasps build their houses; it is comprised of coral animals' bodies. Each animal intelligently maintaining its relationship to all others in such a manner that the result is faithful to the pattern which the aggregate of their bodies is to fulfill. Their patterns are often taken from the sea vegetation in whose midst or near which they live, sometimes copying the bloom.

Moving in and out among each other freely, yet always preserving the form of their aggregate is only one phase of their social considerations.

They adopt the dietary essential to the product of bodies that will possess the characteristics best adapted to preserve the individual and communistic life. They separate lime from the water to supply a quality to their bodies, still they intuitively keep a balance in their food, which they make into body substance that is imperishable even as life passes out of it and it crystallizes into great fields or masses of coral. It is known that marble, limestone and other kinds of rock are created upon this same ideal socialistic basis.



### PLATE TWELVE

There is reverence for a subject that grows out of knowledge concerning another of nature's wombs, that which receives and makes possible the development of the seed (the primary egg cell) of the human. I choose to call plate twelve the first residence of the individual. The botanist may teach pupils of any age, concerning nature's wombs of flowers and their fertilization and be approved, whereas, in the past, some approved of that yet told untruths to their children, as long as they could mystify them concerning the source of young animals and babies. That knowledge most vital to the young is withheld from them in many of the sources from which it should be imparted, and the instruction, in all of its unclean interpretations, is passed out by older boys and girls who are already addicted to practices consistent with the information which they delight to give to credulous youth.

Every parent, teacher or custodian of a child should take this book, go over all of its pictures and history of masculine and feminine cell; the primary cell and its multiplication; its evolution in the fifteen weeks; then plate number twelve, man in his first residence. After this lesson of the man compare his unfoldment with that which I have shown in the various microscopic animals and subsequently, plants and grains.

## MORE ABOUT TELEPATHY

---

TOLERANCE is so desirable a trait that I have aspired to grow in it for more than a quarter of a century. A supreme degree of tolerance is demanded in regard to our subject because every phase of it has been so terribly misrepresented. There was a growing interest in practical psychology for 15 years from my beginning, 1894, to teach then talkers with extravagant promises and flagrant advertising, who commercialized the subject and with large classes, carried on their work under the title, psychology. The public discovering the deception and never gaining any conception of the true science of the soul (the real definition of the word, psychology) did not gain respect for our educational work. Those so-called psychologists that taught that what you want, think for it, have gone into dietetics and teach now, what you want, eat for it.

To gain the essential tolerance to endure that which is sacred to me being handled by the ignorant and designing persons, who never saw the character building nor health possibilities, nor any other ideal features that belong to the true psychology, required much discipline, but now that feature,

### TELEPATHY

---

as it is foolishly and ignorantly presented to the public, not telepathy but travesty, perfect burlesque upon the subject, would be heart-breaking could I not believe that only those who are selling their false ideas are the actually deceived ones.

### FROM A LETTER

“The next habit I developed was the use of alcohol



in all of its various forms. I used a lot of liquor and particularly so since I was not doing anything. I wrote to you one time when I was extremely discouraged in that I could not overcome the habit. As soon as I wrote to you something happened and I quit the use of it in every form, never have had the desire for it since. And many are the times when I have felt so grateful that I did not have any desire and that I knew the way to overcome it."

This man had received the sessions many years previous to this writing through which he lost all desire for tobacco to which he had been addicted. No doubt the rapport we built up ten years before made it possible for my subconscious to convey the help he needed. The aid through telepathy, the means through which I conveyed from my subjective self to his subconscious phase the seat of the involuntary desire for the liquor. He had proposed to come to me to be treated for the alcoholism but before he got ready to come I had cured him by the right formula in using telepathy. The quotation from his letter was written several months after he had become free from the desire for liquor.

When this and other vitally important responses have been given during my many years of the use of telepathy—for which service I made no charge—my reader can appreciate how I would tend to feel when "tests of telepathy" continue to be made and measured by what the object of the thought becomes objectively conscious. I know it would be well for everyone to learn the TRUTH ABOUT TELEPATHY, the natural mode of being helpful to the absent ones, with whom one is in rapport.

## ...Book Reviews...

---

### "THE NEW PSYCHOLOGY COMPLETE, MIND THE BUILDER, SCIENTIFIC MAN BUILDING" THREE BOOKS IN ONE

Book of 450 Pages, Cream-tinted Paper, Better Than Leather  
Bound, \$5.50.

Written by DR. A. A. LINDSAY after a quarter of century  
specializing in practical psychology (*Soul Culture*)

Order from A. A. Lindsay, Publishing, Hotel Ansonia, N. Y.  
City.

---

Who could treat a book of seventy chapters, book nine and a half by six and a half inches, averaging six pages to the chapter, with any justice in a limited space? Every page relates to the practical life—the mind, soul and body of the human, all the way from the individual's primary cell becoming created, through the embryonic, infant, childhood, adult and maturing stage of self-expression—the book for scientific preparation, correction and ideal attainment.

To every reader who wants competent guidance in helping to solve his or her personal life problems, the GOLDEN RULE MAGAZINE unqualifiedly recommends this book. There is no other book quite like it. It is the most complete, the most inspiring and the most *practical* of a thousand or more books of which we know, on how to use the powers of the mind and the soul to change or direct one's physical, personal, mental, spiritual and financial affairs for efficiency, happiness, and success. It is a veritable guide to a successful life.

This big book not only explains clearly the laws and principles of psychology, but it shows just HOW to *apply* them. Above all it is practical—not just a book to be read, but life lessons to be applied and used. It is written out of the author's ripe *experience* of *twenty-nine* active years in *personally* healing, teaching and helping all kinds of people with all kinds of troubles and problems.