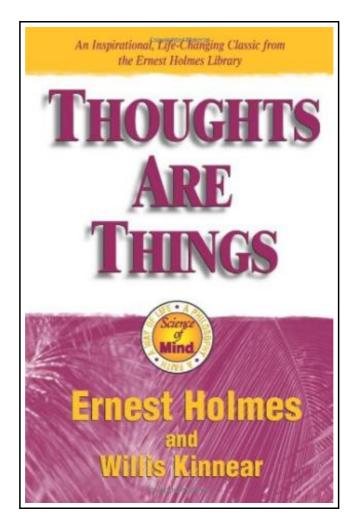
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HEALTH COMMUNICATIONS, United States, 1999. Paperback. Book Condition: New. 2nd edition. 212 x 138 mm. Language: English . Brand New Book. The authors of this Science of Mind classic sum up its content as the things in your life and the thoughts that are behind them . Readers will discover that the key to living a life of inner peace, contentment and fulfillment is to think in creative, positive, self-affirming ways. For, in the words of the authors, Every thought has a consequence. And every experience has a causative thought behind it. Thoughts are things, and all the things in one s life have a thought that precedes them. Readers will learn that if they change the content and tone of the thoughts behind the things in their lives, they will permanently transform themselves and their lives-- for the better. The book is divided into four parts: The World Around You, The Life You Live, Your Mental and Spiritual Health and The Future Is Yours. Each of these parts is further broken down into comment and commentary. The comment pages, written by Willis Kinnear, illustrate the various problems, challenges and difficulties which everyone faces at one time or another. The commentary pages, gleaned from the writings of Ernest Holmes, present the solutions to those problems, challenges and difficulties. Some of Holmes s inspiring wisdom includes: With a penetrating vision you can dissipate the obstruction, remove the obstacle, dissolve the wrong condition. Instead of dwelling on negative thoughts, cause your mind to dwell on peace and joy. You are to have implicit confidence in your own ability, knowing that it is the nature of thought to externalize itself in your health and affairs, knowing that you are the thinker. Have the will to be well, to be happy,...

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