



Mental Self-help

Edwin L. Ash

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This book summarises, in a practical way, reasonable methods of obtaining self-help through the exercise of our own mental powers. Chapters include Self-Help In Sickness, Self-Suggestion in Theory, Self-Suggestion in Practice, and Right And Wrong Thinking.

CONTENTS

Introductory

- I. Self-Help in Sickness
- II. Foundations of Health
- III. Mind and Health
- IV. Self-Control: and how we Waste our Energies through lack of it
- V. Self-Suggestion in Theory
- VI. Self-Suggestion in Practice
- VII. Right and Wrong Thinking
- VIII. Conclusions

Appendix

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