

YOUR MIND

AND HOW TO USE IT

A MANUAL OF PRACTICAL
PSYCHOLOGY

BY

WILLIAM WALKER ATKINSON

It is not enough merely to have a sound mind—
one must also learn how to use it, if he would
become mentally efficient.

PUBLISHED BY
THE ELIZABETH TOWNE CO.,
HOLYOKE, MASS.

L. N. Fowler & Co., London.

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ORIGINALLY PUBLISHED IN 1911

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This edition created and published by Global Grey 2013.

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"It's *dogged* as does it."—*Yorkshire Proverb*.

"One talent with a will behind it will accomplish more than ten without it, as a thimbleful of powder in a rifle, the bore of whose barrel will give it direction, will do greater execution than a carload burned in the open air."—*O.S. Marden*.

"Will may not endow man with talents or capacities; but it does one very important matter—it enables him to make the best, the very best, of his powers."—*Fothergill*.

"Tender-handed stroke a nettle,

And it stings you for your pains.

Grasp it like a man of mettle,

And it soft as down remains."

"Don't flinch; don't foul; but hit the line hard."—*Roosevelt*.

"The more difficulties one has to encounter, within and without, the more significant and the higher in inspiration his life will be."

