

ames Allen

As a Man Thinketh By James Allen (1864-1912)

Allen's books illustrate the use of the power of thought to increase personal capabilities. Although he never achieved great fame or wealth, his works continue to influence people around the world, including the New Thought movement.

Allen's most famous book, *As a Man Thinketh*, was published in 1902. It is now considered a classic self-help book. Its underlying premise is that noble thoughts make a noble person, while lowly thoughts make a miserable person. (Summary by Wikipedia)

Read by Mark Cawley. Total Running Time: 00:54:07.

- ◆ 0 Foreword 00:01:08
- 1 Thought and Character 00:05:11
- 2 Effect of Thought on Circumstances 00:19:13
- 3 Effect of Thought on Health and the Body 00:04:30
- 4 Thought and Purpose 00:05:03
- 5 The Thought-Factor in Achievement 00:06:47
- ♦ 6 Visions and Ideals 00:08:15
- ◆ 7 Serenity 00:04:00

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