

that you are unfamiliar with the sound of your own voice except when you are struggling to speak.

12. Read aloud a few times daily, not to exceed thirty minutes at any one time. If you are busily engaged during the day, read before breakfast and just before retiring for the night.

13. A profitable exercise for you will be counting and repeating the multiplication tables, at the same time being conscious of a free, flexible action of all the muscles of the mouth.

14. Do not be over imaginative as to your appearance. You look all right, rational, sensible, natural. At all events you do not begin to look as objectionable as when you stammer.

15. Practice frequently before the looking glass.

16. Be diligent in the application of the foregoing principles.

The reward is not to the swift but to the faithful.

You have the power and also the knowledge necessary to your perfect freedom. Will you have that freedom? I believe that you will.

Now that you are in possession of these two factors, there is no reason why you should not yet be free.