

PEP

1.

Pep means Poise, Efficiency, Peace.

This message is one of joy, hope, health, optimism and good cheer.

The way to serene, happy, healthful, contented life is simple, sure and practical, and I promise that the reading of this book will help you. Follow the suggestions and this will mark a day of destiny in your life.

I shall counsel with you and not preach to you; I shall be reasonable and considerate and altogether practical. for I speak from experience, not hearsay.

I've been through the mill; I've had to do with worry, blues, nervousness, fear, dread and insomnia; I've been in the darkest recesses of shadowland, and yet I've found the way to cinch up my mental and physical equipment and come into my natural heritage.

Now the red blood courses through my veins,