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We will wrestle with problems one by one as we travel along together; we will not classify the subjects or try to make a system, or establish a science or cult. In this book we take things as they come and that's a pretty good plan to adopt in your business and home affairs; it will help you get along much faster. I have written these chapters in the midst of a busy life and in a sort of catch-as-catch-can manner, jotting a few lines down to-day, and some more to-morrow.

The one trouble that faces us most is the worry problem, for it is a parent to so many of the petty troubles. Worry is peculiar to the human animal, because the human animal is the only animal which thinks, and the human being gets his thoughts twisted, misplaced or clouded until he thinks worry is real, when in truth worry is only imagination.

Our thoughts are like the tides of the sea — which ebb and flow in a never-stopping rhythm. Our thoughts rise on a high tide of buoyancy and