

get the matter you are reading in your mind and nothing else. Fasten the suggestions and helpful thoughts on your brain as you lay your head on your pillow go to sleep with these thoughts burned in.

Third: In the morning finish your toilet, drink two or three glasses of warm, not hot, water, then re-read the chapter of the night before. After breakfast go forth to your duties and problems of the day with faith that soon you are to have strength and will-power to brush aside the things which worry, fret and distress you.

In 1896 I wrote this motto: **BE PLEASANT EVERY MORNING UNTIL 10 O'CLOCK.**

My Pet
Motto.

THE REST OF THE DAY WILL TAKE CARE OF ITSELF, and it

was this thought that set me thinking on the power of suggestion. This little motto of mine is on every book I write, and it has been copied in all parts of this great round world of ours. It is easy to remember, it is very helpful, and I want you to think it or say it to yourself every morning when you arise. I make this request very urgent, for the reward you will get from the practicing of the suggestion will be very great.

Now, then, you have the form, in the manner