

2.

Read about one chapter or so of this book each day; this is to establish sustained interest and fix the habit of right thinking, for right thinking is the great secret that will bring you great benefits.

How to
Read Pep.

You are to receive the legacy of health and happiness, and I am co-administrator in the distribution of the legacy. There are three clauses or conditions as legatee, which you must observe and agree to, before you can receive your estate. I am sure the magnitude of the benefits you are to receive will cause you to play the game fairly and in proper form.

First: Each night, after you have undressed and prepared to retire, alone in your room, free from disturbance, sit down in an easy, comfortable chair, relax your mind and body while in absolute silence for five or ten minutes you prepare yourself to receive the suggestions; remain until all is quiet, very, very quiet.

Second: Now read one or two chapters of this book carefully, slowly, earnestly and sincerely;