

CONTENTS

| | |
|---|-----|
| Preface | vii |
| Introduction | ix |
| 1. Believe in Yourself | 13 |
| 2. A Peaceful Mind Generates Power | 26 |
| 3. How to Have Constant Energy | 40 |
| 4. Try Prayer Power | 51 |
| 5. How to Create Your Own Happiness | 66 |
| 6. Stop Fuming and Fretting | 80 |
| 7. Expect the Best and Get It | 93 |
| 8. I Don't Believe in Defeat | 109 |
| 9. How to Break the Worry Habit | 122 |
| 10. Power to Solve Personal Problems | 133 |
| 11. How to Use Faith in Healing | 144 |
| 12. When Vitality Sags, Try This Health Formula | 157 |
| 13. Inflow of New Thoughts Can Remake You | 167 |
| 14. Relax for Easy Power | 180 |
| 15. How to Get People to Like You | 190 |
| 16. Prescription for Heartache | 201 |
| 17. How to Draw upon That Higher Power | 213 |
| Epilogue | 224 |