



Personal Influence (Practical Psychology); An Aid to Health, Success and Happiness

By William Abner Barnes

Theclassics.us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the original book (without typos) from the publisher. Not indexed. Not illustrated. 1906 edition. Excerpt: . CHAPTER VIII SELF-CONTROL The control of self constitutes the intelligent direction of will and perfect development of motive, thought and action. Self-control forms the most solid basis for the control of others. In its best sense, self-control means something more than simply moving the body from place to place, or directing at will the various movements of the muscles. It signifies a power beyond that which finds expression in wilfulness and stubbornness. It means perfect control of every organ and function of the physical body; it means the ability to master thought and change its character at any moment we choose; it means control of the emotions which arise within and the sensations which come from the external world; it means health, success and happiness in this life, and who dares predict what it may mean in the future life? We do not...



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