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AS A MAN THINKETH

JAMES ALLEN

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mar their happiness by lack of self-control. How few people we meet in life who are well balanced, who have that exquisite poise which is characteristic of the finished character!

Yes, humanity surges with uncontrolled passion, is tumultuous with ungoverned grief, is blown about by anxiety and doubt only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him.

Tempest-tossed souls, wherever ye may be, under whatsoever conditions ye may live, know this in the ocean of life the isles of Blessedness are smiling, and the sunny shore of your ideal awaits your coming.

Keep your hand firmly upon the helm of thought. In the bark of your soul reclines the commanding Master; He does but sleep: wake Him.

Self-control is strength; Right Thought is mastery; Calmness is power. Say unto your heart, "Peace, be still!"

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