



**A COMMON-SENSE  
VIEW OF THE  
MIND CURE**

**LAURA M. WESTALL**

Global Grey ebooks

**A COMMON-SENSE VIEW OF  
THE MIND-CURE**

**BY  
LAURA M. WESTALL**

1908

A Common-Sense View of the Mind Cure By Laura M. Westall.

This edition was created and published by Global Grey

©GlobalGrey 2018



[globalgreeyebooks.com](http://globalgreeyebooks.com)

# **CONTENTS**

Introduction

1. The Mind

2. The Brain

3. The Nervous System

4. The Emotions

5. The Imagination

6. The Attention

7. The Nature Of Pain

8. The Environment

9. Conclusion

10. A Few Practical Applications

























































































































The remedy is simple. One has but to realize the insanity of such a course and calm his mind by an effort of will. A little common-sense mental discipline will break the habit, and the gain in health, self-control, and mental poise will be of lasting value.

"What doth it profit a man if he gain the whole world and lose his own soul?"

---