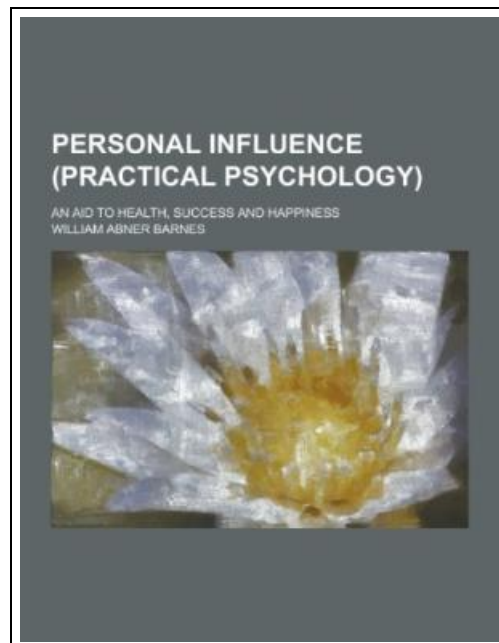


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Theclassics.us, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This historic book may have numerous typos and missing text. Purchasers can usually download 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 presume to penetrate the veil which separates us from the other side of life; but we believe that the practice of self-control in this life will take nothing from the next. On the other hand, I firmly believe that it will lead to and enhance the purer and more perfect life to come. It is my purpose, however, to confine myself to the life we are leading in this world. Sufficient unto the day is the evil thereof has a practical meaning for everybody. If we make the most of our talents each day we live, the future, wherever we...



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