## Contents

	Introduction	v
I	Believe in Yourself	1
2	A Peaceful Mind Generates Power	20
3	How to Have Constant Energy	39
4	Try Prayer Power	55
5	How to Create Your Own Happiness	77
6	Stop Fuming and Fretting	96
7	Expect the Best and Get It	114
8	I Don't Believe in Defeat	137
9	How to Break the Worry Habit	155
10	Power to Solve Personal Problems	171
II	How to Use Faith in Healing	187
12	When Vitality Sags, Try This Health Formula	206
13	Inflow of New Thoughts Can Remake You	220
14	Relax for Easy Power	238
15	How to Get People to Like You	253
16	Prescription for Heartache	269
17	How to Draw upon That Higher Power	286
Epilogue		302