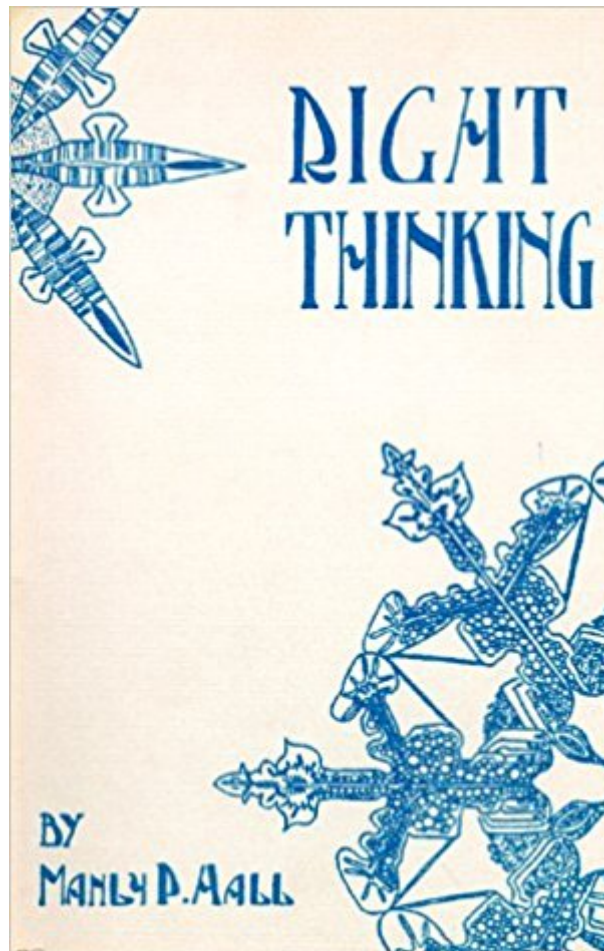




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Right Thinking: The Royal Road To Health



Synopsis

A popular essay discussing how sound mental practices can help to affect the cure of disease. "Health, like happiness, must be earned. It is a reward for constructive involvement in labors dedicated to the common good." (from the preface)

Book Information

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Customer Reviews

The Philosophical Research Society is a nonprofit organization founded in 1934 for the purpose of assisting thoughtful persons to live more graciously and constructively in a confused and troubled world. The Society is entirely free from educational, political, or ecclesiastical control. Dedicated to an idealistic approach to the solution of human problems, the Society's program stresses the need for the integration of religion, philosophy, and the science of psychology into one system of instruction. The goal of this instruction is to enable the individual to develop a mature philosophy of life, to recognize his proper responsibilities and opportunities, and to understand and appreciate his place in the unfolding universal pattern.

Manly P. Hall was the founder of the Philosophical Research Society. In over seventy-five years of dynamic public activity, he delivered more than 8,000 lectures in the United States and abroad, and authored countless books, essays, and articles. In his lectures and writings, Manly Hall always emphasized the practical aspects of philosophy and religion as they applied to daily living. He restated for modern man those spiritual and ethical doctrines which have given humanity its noblest

ideals and most adequate codes of conduct. Believing that philosophy is a working tool to help the individual in building a solid foundation for his dreams and purposes, Manly Hall steadfastly sought recognition of the belief that world civilization can be perfected only when human beings meet on a common ground of intelligence, cooperation, and worthy purpose.

We might already know this information, but good for validation, and refreshing.

A great book about how mental health has a direct effect on physical health.

Great piece of literature here

In this short book by Manly Hall, originally published in 1931, discusses, initially, the problems of disease and how our thinking manifests problems in our lives. What may start out as a small problem many times never gets resolved. By holding it within, it infects our thinking and festers over a long period of time and eventually becomes a disease. The cure, then, accordingly, is not through medication, pills and avoidance, but rather a dissolution of those old issues by bringing them to light (consciousness) and resolving it. As he writes, "If you think this fits you it probably does not; if you are sure it does not, it probably does." This is a general safe way of thinking to prevent avoidance of facing yourself and your problems. The book is designed to challenge your ego and to start correcting irrational behaviors and repetitive structures that we have developed over the years. It is an excellent book and very thought provoking, if not, action inducing.

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