

# **Be Good To Yourself (Unabridged): Appreciate the Marvelousness of the Human Mechanism: How to Keep Your Powers up to the Highest Possible Standard, How to Conserve Your Energies and Guard Your Health**

*Orison Swett Marden*

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This carefully crafted ebook: "Be Good To Yourself (Unabridged)" is formatted for your eReader with a functional and detailed table of contents.

Excerpt:

"In order to keep himself at the top of his condition, to obtain complete mastery of all his powers and possibilities, a man must be good to himself mentally, he must think well of himself." Being Good to Oneself places the importance of a self-positive attitude in our everyday lives. Spread over twenty-two chapters and a conversational way of writing, this book would surely interest those who are looking for a well-rounded, successful life.

Dr. Orison Swett Marden (1848-1924) was an American inspirational author who wrote about achieving success in life and founded SUCCESS magazine in 1897. He is often considered as the father of the modern-day inspirational talks and writings and his words make sense even to this day. In his books he discussed the common-sense principles and virtues that make for a well-rounded, successful life.

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