



As a man thinketh: 7 simple steps to transforming your life

James Allen

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A practical guide to finding success and direction in life

James Allen shows how to master your thoughts to create the life you want. Allen shows how to be aware of conscious and unconscious thoughts and how they shape the life you live. His timeless advice provides clear explanations and ideas for self improvement.

The title, 'As a man thinketh' is inspired by a verse in the Bible from the Book of Proverbs chapter 23 verse 7 - "As a man thinketh in his heart, so is he.". The principles and steps put forward by James Allen are recommended for anyone who wants to improve their current situation and create success.

Within this concise book Allen shows:

- How circumstances cannot be controlled, but thoughts and actions can be
- How to enable positive thinking and actions
- Actionable steps to take control your of your destiny

About James Allen

James Allen was a British philosophical writer known for his inspirational books and poetry and as a pioneer of the self-help movement, he was born in Leicester, England, into a working-class family. Allen was the elder of two brothers. His mother could neither read nor write while his father, William, was a factory knitter.

Allen's father was tragically murdered two days after arriving in New York City whilst looking for work to support his family. At age fifteen, with the family now facing economic disaster, Allen was forced to leave school and find work.

Chapter listing

- Thought and Character
- Effect of Thought on Circumstances
- Effect of Thought on Health and the Body
- Thought and purpose
- The Thought-Factor in Achievement
- Visions and Ideals
- Serenity

As a Man Thinketh quotes

"Only the wise man, only he whose thoughts are controlled and purified, makes the winds and the storms of the soul obey him."

"Man is made or unmade by himself; in the armory of thought he forges the weapons by which he destroys

himself; he also fashions the tools with which he builds for himself heavenly mansions of joy and strength and peace."

"Thought allied fearlessly to purpose becomes creative force: he who knows this is ready to become something higher and stronger than a mere bundle of wavering thoughts and fluctuating sensations; he who does this has become the conscious and intelligent wielder of his mental powers."

"Men are anxious to improve their circumstances, but are unwilling to improve themselves, they therefore remain bound."

"Every man is where he is by the law of his being; the thoughts which he has built into his character have brought him there, and in the arrangement of his life there is no element of chance, but all is the result of a law which cannot err"

Excerpt from Chapter 2 - Effect of Thought on Circumstances

A Man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild; but whether cultivated or neglected, it must, and will, bring forth. If no useful seeds are put into it, then an abundance of useless weed-seeds will fall therein, and will continue to produce their kind.

Just as a gardener cultivates his plot, keeping it free from weeds, and growing the flowers and fruits which he requires, so may a man tend the garden of his mind, weeding out all the wrong, useless, and impure thoughts, and cultivating toward perfection the flowers and fruits of right, useful, and pure thoughts.

By pursuing this process, a man sooner or later discovers that he is the master-gardener of his soul, the director of his life. He also reveals, within himself, the laws of thought, and understands, with ever-increasing accuracy, how the thought-forces and mind elements operate in the shaping of his character, circumstances, and destiny.

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Daniel Young:

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Vickie Flores:

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