

# WHAT THIS BOOK WILL DO FOR YOU

In every chapter of this book you will find dozens of hardheaded, practical ideas, techniques, and principles that will enable you to harness the tremendous power of thinking big, so as to gain for yourself the success, happiness, and satisfaction you want so much. Every technique is dramatically illustrated by a real-life case history. You discover not only what to do, but, what is even more important, you see exactly how to apply each principle to actual situations and problems. Here, then, is what this book will do for you; it will show you how you can . . .

*Launch Yourself to Success with  
the Power of Belief 9*

*Win Success by Believing You Can  
Succeed 19*

*Defeat Disbelief and the Negative  
Power It Creates 12*

*Get Big Results by Believing Big  
14*

*Make Your Mind Produce Positive  
Thoughts 18*

*Develop the Power of Belief 20*

*Plan a Concrete Success-Building  
Program 22*

*Vaccinate Yourself Against  
Excusitis, the Failure Disease  
29*

*Learn the Secret That Lies in Your  
Attitude Toward Health 27*

*Take Four Positive Steps to Lick  
Health Excusitis 31*