

ful of dirt and put it into your crankcase? That fine engine would soon be a mess, unable to do what you want it to do. Negative, unpleasant thoughts deposited in your mind affect your mind the same way. Negative thoughts produce needless wear and tear on your mental motor. They create worry, frustration, and feelings of inferiority. They put you beside the road while others drive ahead.

Do this: in these moments when you're alone with your thoughts—when you're driving your car or eating alone—recall pleasant, positive experiences. Put good thoughts in your memory bank. This boosts confidence. It gives you that "I-sure-feel-good" feeling. It helps keep your body functioning right, too.

Here is an excellent plan. Just before you go to sleep, deposit good thoughts in your memory bank. Count your blessings. Recall the many good things you have to be thankful for: your wife or husband, your children, your friends, your health. Recall the good things you saw people do today. Recall your little victories and accomplishments. Go over the reasons why you are glad to be alive.

*2. Withdraw only positive thoughts from your memory bank.* I was closely associated several years ago in Chicago with a firm of psychological consultants. They handled many types of cases, but mostly marriage problems and psychological adjustment situations, all dealing with mind matters.

One afternoon as I was talking with the head of the firm about his profession and his techniques for helping the seriously maladjusted person, he made this remark: "You know, there would be no need for my services if people would do just one thing."