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MANAGE YOUR ENVIRONMENT: GO FIRST CLASS

YOUR MIND IS AN amazing mechanism. When your mind works one way, it can carry you forward to outstanding success. But the same mind operating in a different manner can produce a total failure.

The mind is the most delicate, most sensitive instrument in all creation. Let's look now and see what makes the mind think the way it does. Millions of people are diet conscious. We're a calorie-counting nation. We spend millions of dollars on vitamins, minerals, and other dietary supplements. And we all know why. Through nutritional research, we've learned that the body reflects the diet fed the body. Physical stamina, resistance to disease, body size, even how long we live are all closely related to what we eat.

The body is what the body is fed. By the same token, the mind is what the mind is fed. Mind food, of course, doesn't come in packages, and you can't buy it at the store. Mind food is your environment—all the countless things that influence your conscious and subconscious thought. The kind of mind food we consume determines our habits, attitudes, personality. Each of us inherited a certain capacity to develop. But how much of that