# As a Man Thinketh by James Allen

* A man is literally what he thinks, his character being the complete sum of his thoughts.
* As the plant springs from, and could not be without, the seed, so every act of a man springs from the hidden seeds of thought and could not have appeared without them.
* Thoughts and character are one, and as character can only manifest and discover itself through environment and circumstance, the outer conditions of a person's life will always be found to be harmoniously related to his inner state.
* So true is this that when a man earnestly applies himself to remedy the defects in his character, and makes swift and marked progress, he passes rapidly through a succession of vicissitudes.
* The outer world of circumstance shapes itself to the inner world of thought, and both pleasant and unpleasant external conditions are factors which make for the ultimate good of the individual. As the reaper of his own harvest, man learns both by suffering and bliss.
* Circumstance does not make the man; it reveals him to himself.
* The man who does not shrink from self-crucifixion can never fail to accomplish the object upon which his heart is set.
* The sole and supreme use of suffering is to purify, to burn out all that is useless and impure. Suffering ceases for him who is pure.
* Men imagine that thought can be kept secret, but it cannot; it rapidly crystallizes into habit, and habit solidifies into circumstance.
* Doubt and fear are the great enemies of knowledge, and he who encourages them, who does not slay them, thwarts himself at every step.
* A man may rise to high success in the world, and even to lofty altitudes in the spiritual realm, and again descend into weakness and wretchedness by allowing arrogant, selfish, and corrupt thoughts to take possession of him.
* He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly.
* A man becomes calm in the measure that he understands himself as a thought-evolved being, for such knowledge necessitates the understanding of others as the result of thought, and as he develops a right understanding, and sees more and more clearly the internal relations of things by the action of cause and effect, he ceases to fuss and fume and worry and grieve, and remains poised, steadfast, serene.
* The more tranquil a man becomes, the greater is his success, his influence, his power for good for people will always prefer to deal with a man whose demeanour is strongly equable.