



## Spiritual Psychology and Human Efficiency: Or the Science of Knowing Oneselves (Classic Reprint)

By Adelle Howland

Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Excerpt from Spiritual Psychology and Human Efficiency: Or the Science of Knowing Oneselves We have an intensely interesting and fascinating study before us in the subject of Spiritual Psychology and Human Efficiency, which is simply the study of ourselves, or the greatest study of mankind, which is said to be man, physically, mentally, morally and spiritually. We know much about art, science, literature, our automobiles, even our horses, dogs and canary birds, but I want to ask you in all honesty how much do we know about ourselves? We are dependent upon our physicians for the knowledge we have of our bodies, we know little about the laws and workings of our minds, less still about the Soul, and practically nothing about the Spirit. It is my intention to give you an introduction to yourself, or in other words to make an X-ray picture of you, and when you see yourself for the first time, I trust you will not be like the native of South America, who picked up a hand mirror which had been dropped by...



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