

1. Record Nr.	UNINA9910136514603321
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Titolo	The life triumphant / / By James Allen
Pubbl/distr/stampa	[Lanham, Maryland] : , : Dancing Unicorn Books, , 2016 ©2016
ISBN	1-5154-0932-5
Descrizione fisica	1 online resource (43 p.)
Disciplina	809.93355
Soggetti	Life in literature
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Foreword; Faith and Courage; Manliness, Womanliness and Sincerity; Energy and Power; Self-Control and Happiness; Simplicity and Freedom; Right Thinking and Repose; Calmness and Resource; Insight and Nobility; Man the Master; Knowledge and Victory
Sommario/riassunto	From the author of As a Man Thinketh. Every being lives in his own mental world. His joys and sorrows are the creations of his own mind, and are dependent upon the mind for their existence. In the midst of the world, darkened with many sins and sorrows, in which the majority live, there abides another world, lighted up with shining virtues and unpolluted joy, in which the perfect ones live. This world can be found and entered, and the way to it is by self-control and moral excellence. --James Allen