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Foreword Review SELF-HELP

As You Think

James Allen
Marc Allen, Editor
Marc Allen, Narrator
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“We do not attract what we want, but what we are”; the words of author James Allen might serve as an answer to the many who question why after having visualized, intended, and used many other tactics to attract desired results into their lives, little or no results are seen. Mark Allen, (no relation to the author), who has minimally edited the author’s 1904 book (originally titled *As A Man Thinketh*) to update its wording, credits the small but powerful work with having enabled him to achieve the life of his dreams. He believes that it can do the same for anyone who will put its principles into action.

The editor narrates this CD, and does so with the clarity and conviction of one long associated with its teachings. He describes the work as “the single most powerful book I’ve ever read.” Accessible to those of both Eastern and Western religious traditions as well as secular seekers of a balanced, harmonious, and successful life, the CD’s brevity makes it an ideal companion for commuters who can use it for daily encouragement, mental training, and character building. The pleasant musical interludes, also the work of editor Marc Allen, relax the listener and aid in creating a calm, reflective state of mind.

Author James Allen stated that one of the purposes he had in mind in writing the original book, based on his experience and meditation, was to help others to become “master weavers” of their lives, each creating “inner garments of character and outer garments of circumstance” and doing so, not in “ignorance and pain,” but weaving their lives in “happiness and enlightenment.” Although little is known about James Allen, his influential book makes it clear that thoughts regularly entertained become habits; habits become conditions; and conditions become the circumstances of one’s life. Although less than ideal conditions in a life are unpleasant, learning comes through both “suffering and bliss,” and, as no one is entirely admirable, but rather a mix of admirable qualities and vices, some suffering is unavoidable.

James Allen makes clear what many of today’s gurus avoid: that work and sacrifice at the level of the inner character are required to attain the mastery of the mind necessary to change one’s life. Those who consider themselves totally virtuous he calls vain when they say they suffer because of their virtues, since universal law “does not give good for evil, or evil for good.”

Those who seek mastery of the mind, the key to personal power, can take comfort in James Allen’s assertion that “persistence in a train of thought will always bring a result.” For those who seek the easy way to desired results, this assertion becomes a warning.

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