

**THE PRACTICE OF  
AUTOSUGGESTION BY  
THE  
METHOD OF EMILE COUÉ**

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The Practice of Autosuggestion by the Method of Emile Coué by C. Harry Brooks

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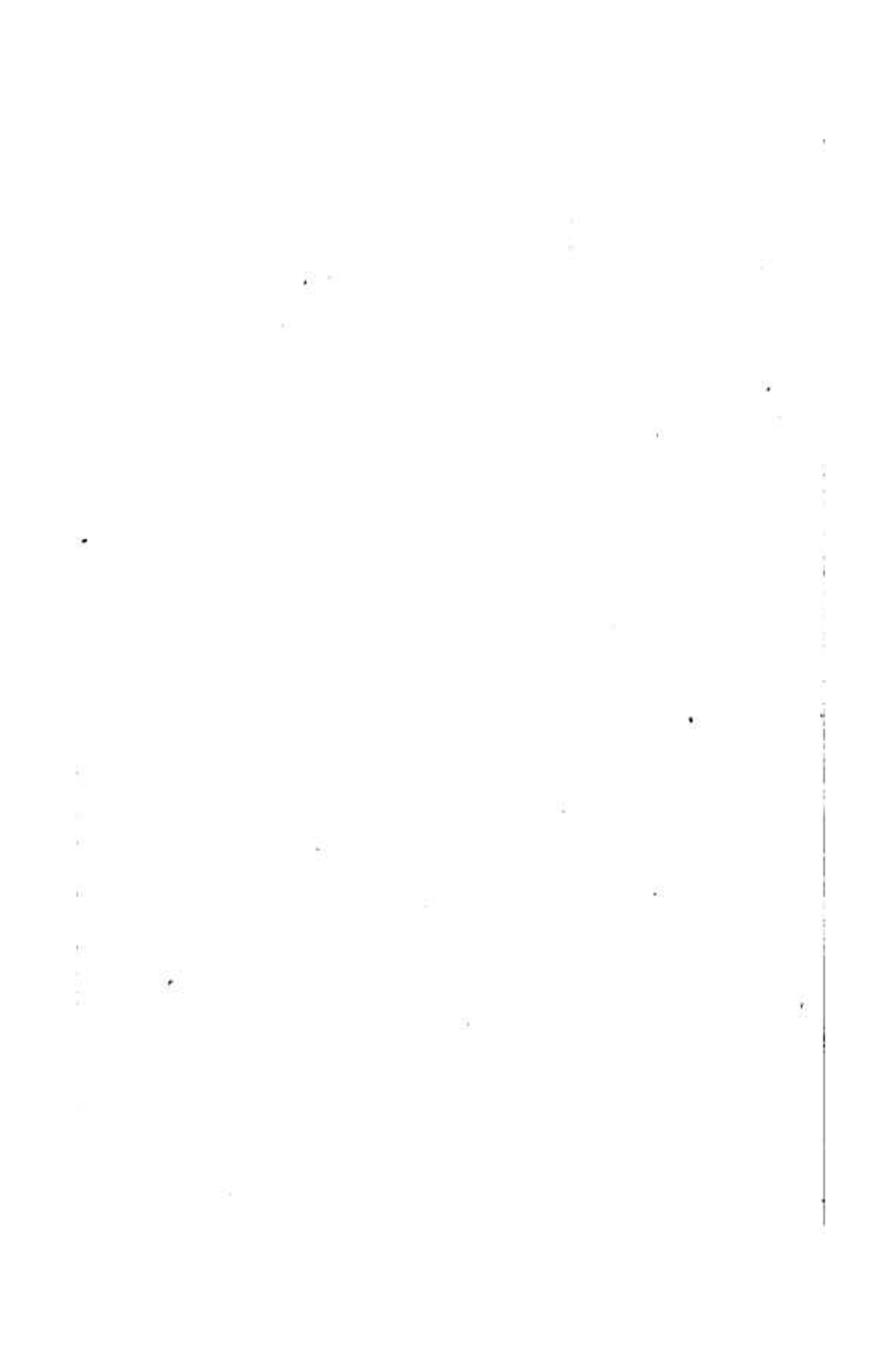
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**C. HARRY BROOKS**

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AUTOSUGGESTION  
BY THE METHOD *of* EMILE COUÉ

*Revised Edition*

BY

C. HARRY BROOKS

WITH A FOREWORD BY  
EMILE COUÉ

"For what man knoweth the things of a man save the  
spirit of the man which is in him?"

1 CORINTHIANS ii. 11.



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TO  
ALL IN CONFLICT WITH  
THEIR OWN IMPERFECTIONS  
THIS LITTLE BOOK  
IS DEDICATED



## AUTHOR'S PREFACE

THE discoveries of Emile Coué are of such moment for the happiness and efficiency of the individual life that it is the duty of anyone acquainted with them to pass them on to his fellows.

The lives of many men and women are robbed of their true value by twists and flaws of character and temperament, which, while defying the efforts of the will, would yield rapidly to the influence of autosuggestion. Unfortunately, the knowledge of this method has hitherto been available in England only in the somewhat detailed and technical work of Professor Charles Baudouin, and in a small pamphlet, printed privately by M. Coué, which has not been publicly exposed for sale. To fill this gap is the aim of the following pages. They are designed to present to the layman in non-technical form the information necessary to enable him to practise autosuggestion for himself.

All readers who wish to obtain a deeper insight into the theoretical basis of autosuggestion are recommended to study Professor Baudouin's fascinating work, *Suggestion and Autosuggestion*. Although in