

**STRENGTH  
OF WILL**

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Strength of will by E. Boyd Barrett

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*TO*  
*SURGEON BOYD BARRETT*



## FOREWORD

IN these pages an effort is made to give a plain account of the Will, and to indicate a method whereby it may be improved and strengthened.

An effort is made also to present the matter in an attractive way, so that a certain interest may be taken in the activities of the Will, and so that, when familiarised with introspection, one may find profit and amusement from studying the details of the wonderful life that goes on within.

As far as possible technical terms and abstruse discussions are avoided. Indeed, there seems no need to introduce metaphysics, as our method is to observe and describe, as do experimentalists, and to keep close to what is concrete. These pages tell of what is felt and seen, not of course by the fingers or eyes of the body, but by the faculties of the mind. The spirit can probe and poke about into its own dark corners, and can ride fast after its own swift movements. Of what it observes and

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learns, on such occasions, and of what it does, these pages tell.

We assume, of course, that readers are already tolerably well informed as to the nature and chief functions of the Will. Further, we suppose that they are aware of the value and worth of having a strong, effective will. Finally, we flatter ourselves that readers are not without some inclination and intention to bestir themselves in the direction of improving their own wills.

It is not with the purpose of substituting this book for other books on the Will that these pages are written, but rather of supplementing them in one important point. The books which already hold the field are excellent from many points of view, but from one point of view they are deficient. *They do not suggest a practical method of will-training.* They are written on the "Education of the Will," but they are not helpful to those who seek a definite method of strengthening and of improving the Will.

One word more in conclusion. As far as possible references to other books are avoided, but references to experiences are frequent. The reason is that *our standpoint is not that of authority, but of experiment.* The experi-

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ments referred to have been carried on, at times with the strictest scientific exactitude, as those conducted at Louvain University from 1909 to 1911; at times with less scientific rigour, as those conducted at Clongowes Wood College, Co. Kildare, Ireland, from 1913 to 1914. Even in quoting from experiments we have endeavoured to be as little tedious as possible, and have striven to awaken interest in what should be the most fascinating part of Psychology.