

THE EFFICIENT LIFE

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649135974

The efficient life by Luther H. Gulick

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Edited by Trieste Publishing Pty Ltd.
Cover @ 2017

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LUTHER H. GULICK

**THE
EFFICIENT LIFE**



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In a merry mood



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Laying down the law



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Bending forward



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In earnest argument

THE EXPRESSIONS OF VARIOUS EMOTIONS



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An adverse proposition



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Administering reproof



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Attitude of urgent appeal



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Pointing out fallacy

WITH THE MAINTENANCE OF A STRONG SPINE

The Efficient Life

By
LUTHER H. GULICK, M. D.

*Director of Physical Training
in the New York City Schools*

WITH DOUBLE-PAGE
FRONTISPIECE



New York
Doubleday, Page & Company
1907

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PUBLISHED, MARCH, 1907

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To

THEODORE ROOSEVELT

WHO SOMETIMES LEADS THE SIMPLE LIFE,
WHO OFTEN LEADS THE STRENUOUS
LIFE, BUT WHO ALWAYS LEADS
THE EFFICIENT LIFE



A WORD TO THE READER

My father once had medical care of an Hawaiian Chief, one of the Kamehamehas, I believe. The treatment involved the use of a rather drastic pill every evening for a number of days. The result of the first day's pill was so favourable that the chief took the rest of the boxful at once. His life was saved with great difficulty. So do not attempt to carry out all the suggestions in this book at once.

Take a chapter at a time. Mark freely all ideas that strike you favourably—jot down at the end of each chapter a few words to indicate the extent to which you think it applicable to yourself. Only undertake at first what seems to fit your one greatest need.

LUTHER H. GULICK, M. D.