

**THE PHILOSOPHY OF SELF-  
HELP; AN APPLICATION OF  
PRACTICAL PSYCHOLOGY  
TO DAILY LIFE**

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The philosophy of self-help; an application of practical psychology to daily life by Stanton Davis Kirkham

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**STANTON DAVIS KIRKHAM**

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# The Philosophy of Self-Help.

An Application of Practical Psychology to  
Daily Life

By

Stanton Davis Kirkham

Author of "The Ministry of Beauty," "Where Dwells the  
Soul Serene," "In the Open," etc.

*God helps them that help themselves*

G. P. Putnam's Sons  
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## PREFACE

**S**OME of the ideas which underlie mental therapeutics have become permanent constituents of modern thought, as recently discovered chemical elements are permanent factors in chemical science. I purpose here to give an outline of these thought elements of metaphysics and psychology, to systematize their essential principles and to show their practical bearing upon the art of living, of mind and character building, whereby the individual, through recognition and application, may develop for himself a more rounded character, a more efficient mind, a healthier body, and hence come to live a more effective, a more beautiful, and a happier life. This he will do for himself in the ratio that he first perceives and then applies the truth. It is, therefore, with the paramount desire of helping others to help themselves that this book is written.

S. D. K.





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All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts with an evil thought, pain follows him, as the wheel follows the foot of him who draws the carriage.

All that we are is the result of what we have thought: it is founded on our thoughts, it is made up of our thoughts. If a man speaks or acts a pure thought, happiness follows him, like a shadow that never leaves him.

Whatever a hater may do to a hater, or an enemy to an enemy, a wrongly-directed mind will do us greater mischief.

Not a mother, not a father will do so much, nor any other relative; a well-directed mind will do us greater service.

Let the wise man guard his thoughts, for they are difficult to perceive, very artful, and they rush wherever they list: thoughts well guarded bring happiness.

*The Dhammapada.*