

The Strangest Secret As A Man Thinketh Ebook

the strangest secret as a man thinketh is a phrase that resonates deeply within the realm of personal development and success philosophy. It encapsulates a timeless truth: our thoughts shape our reality. This concept has been echoed through centuries, gaining particular prominence through the teachings of James Allen's classic book, *As a Man Thinketh*, and later reinforced by modern success gurus and motivational speakers. At its core, the idea suggests that the quality of our lives is directly determined by the nature of our thoughts. If we cultivate positive, constructive thinking, we set the stage for achievement, happiness, and fulfillment. Conversely, dwelling on negativity or limiting beliefs can trap us in a cycle of failure and disappointment. In this article, we will explore the profound implications of this secret, its origins, how it influences our lives, and practical steps to harness its power.

Origins and Historical Context of the Idea

James Allen's *As a Man Thinketh*

James Allen's *As a Man Thinketh*, published in 1903, is often regarded as the foundational text on the power of thought. Allen asserts that "a man is literally what he thinks, his character being the complete sum of all his thoughts." The book emphasizes that our internal mental state directly influences our external circumstances, health, and success. It argues that by changing our thoughts, we can fundamentally transform our lives.

Ancient Philosophies and Religious Teachings

The notion that thoughts influence reality is not new. Many ancient philosophies, including Stoicism and Buddhism, focus on controlling one's mind to achieve serenity and success. For example:

- Stoics believed that our perceptions and judgments shape our experiences.
- Buddhists emphasize mindfulness and the importance of cultivating positive mental states.

The idea that the mind wields immense power has persisted across cultures and eras, reinforcing its significance in personal growth.

The Secret's Core Principles

The Power of Thought

The fundamental principle is that thoughts are magnetic; they attract circumstances and opportunities that mirror their nature. Positive thoughts attract positive outcomes, while negative thoughts tend to draw undesirable situations.

Mind as a Creative Force

Your mind is not merely a passive receiver but an active creator. Your thoughts generate feelings, which influence actions. These actions, repeated over time, shape your habits and ultimately define your character and destiny.

The Law of Attraction

This concept is closely related to the Law of Attraction, which states that like attracts like. By focusing your mind on what you desire, you align your energies with those outcomes, increasing the likelihood of their manifestation.

How Your Thoughts Shape Your Reality

Creating Self-Fulfilling Prophecies

Our beliefs and expectations often determine our behaviors. For example:

- If you believe you will fail, you may unconsciously sabotage your efforts.
- If you see yourself as capable and successful, your actions will align with that belief, increasing your chances of success.

This cycle explains why positive thinking can be a powerful catalyst for achievement.

Influence on Emotions and Health

Thoughts not only influence external circumstances but also impact mental and physical health. Chronic negative thinking can lead to stress, anxiety, and even physical ailments, whereas positive thinking fosters resilience and well-being.

Practical Applications of the Secret

Developing a Positive Mindset

To utilize the secret effectively, it's essential to cultivate a mindset that supports your goals. Strategies include:

- Practicing gratitude daily
- Affirming your intentions and desires
- Visualizing success regularly
- Surrounding yourself with positive influences

Replacing Limiting Beliefs

Identify and challenge thoughts that hold you back. For example:

- Replace "I can't do this" with "I will learn and improve."
- Transform "I'm not good enough" into "I am capable and deserving of success."

Consistent Mental Conditioning

Just as physical training requires consistency, mental conditioning demands regular practice:

- Read inspiring literature
- Engage in meditation or mindfulness exercises
- Keep a journal of positive affirmations and breakthroughs

Challenges and Misconceptions

Misunderstanding the Secret as Mere Wishful Thinking

One common misconception is that simply wishing or dreaming is enough. The secret isn't about passive wishing but active, focused, and persistent thinking aligned with action.

Ignoring External Factors

While thoughts are powerful, they are part of a larger context that includes effort, circumstances, and sometimes luck. Recognizing this balance is crucial to applying the secret wisely.

Overcoming Negative Thought Patterns

Breaking ingrained negative thinking can be difficult. Techniques such as cognitive-behavioral

strategies, therapy, and support groups can help reprogram the mind.

Real-Life Success Stories

Personal Transformation Examples

Many individuals have credited their success to mastering their thoughts. Examples include:

- Entrepreneurs who visualized their business thriving before it did
- Athletes using mental imagery to enhance performance
- People recovering from adversity by focusing on healing and positive change

Historical Figures and Their Mindset

Historical figures such as Napoleon Hill, author of *Think and Grow Rich*, emphasized the importance of thoughts in achieving wealth and success. Their stories serve as proof that the secret is applicable across different fields and eras.

Conclusion: Embracing the Power Within

In essence, "the strangest secret as a man thinketh" underscores a profound truth: our thoughts are the foundation of our reality. By controlling and directing our thinking, we hold the key to shaping our destiny. It's a reminder that success isn't merely a matter of external circumstances but a reflection of our inner mental landscape. Cultivating positive, focused thoughts, replacing limiting beliefs, and practicing mental discipline can unlock extraordinary potential. The secret invites us to recognize that within each of us lies the power to create the life we desire—simply by harnessing the incredible force of our minds.

Remember, your thoughts are the seeds; your actions are the harvest. Choose wisely.

The *Strangest Secret as A Man Thinketh* has long captivated the minds of personal development enthusiasts, motivational speakers, and anyone seeking a transformative shift in their life. Rooted in the timeless belief that our thoughts shape our reality, this concept emphasizes that the key to success, happiness, and fulfillment lies within our mental landscape. As a blend of philosophical insight and practical advice, it invites readers to examine their inner dialogue and harness the power of positive thinking. In this comprehensive review, we will explore the origins, core principles, and impact of "The Strangest Secret" and "As a Man Thinketh," analyze their similarities and differences, and evaluate their relevance in today's fast-paced world.

Origins and Background

The Strangest Secret

The phrase "The Strangest Secret" was popularized by Earl Nightingale in his groundbreaking audio recording and book released in the 1950s. Nightingale, often hailed as one of the forefathers of personal development, articulated that "we become what we think about." His message was revolutionary at the time, emphasizing that success begins in the mind through focused, positive thought. The secret, as he explained, is that our thoughts directly influence our actions and, consequently, our results.

Nightingale's work drew inspiration from earlier philosophical and spiritual teachings, but he packaged it in a concise, compelling message that resonated with millions. His emphasis on goal-setting, visualization, and mental discipline laid the foundation for modern success psychology.

As a Man Thinketh

Published in 1903 by James Allen, "As a Man Thinketh" is a classic philosophical essay that explores the profound connection between thoughts and character. Drawing from biblical and spiritual traditions, Allen posits that "as a man thinketh in his heart, so is he," asserting that our thoughts shape our destiny, morality, and inner peace.

Unlike Nightingale's more pragmatic approach, Allen's work delves into the moral and spiritual dimensions of thought, emphasizing that negative thinking breeds suffering, while positive thinking cultivates virtue and happiness. This work has remained a cornerstone of self-help literature, inspiring countless writers and thinkers over the decades.

Core Principles and Philosophical Foundations

The Power of Thought

Both "The Strangest Secret" and "As a Man Thinketh" revolve around the fundamental notion that thoughts are powerful creators of reality. They encourage individuals to take responsibility for their mental patterns, understanding that what they dwell upon often manifests in their external circumstances.

Key points:

- Thoughts influence actions
- Internal mindset determines external success
- Mental discipline is essential for positive change

The Law of Attraction and Mental Focus

Nightingale’s teachings align closely with what later became known as the Law of Attraction—the idea that like attracts like. By focusing on specific goals or desires, individuals can attract opportunities and circumstances conducive to achieving them.

Allen emphasizes that “as a man thinketh,” his character and circumstances are the result of his habitual thoughts. He advocates for cultivating noble and virtuous thoughts to foster moral excellence and happiness.

Self-Responsibility and Internal Control

A shared theme is the importance of personal accountability. Both authors suggest that individuals are the masters of their mental states and, consequently, their destiny. Rather than blaming external factors, they advocate for introspection and mental mastery.

Similarities and Differences

Common Ground

- Both stress the importance of controlling one’s thoughts to influence life outcomes.
- Emphasize that inner mental state is the foundation of success and happiness.
- Advocate for mental discipline, visualization, and positive affirmations.
- Recognize the spiritual and moral dimensions of thought.

Distinct Approaches

Aspect	The Strangest Secret	As a Man Thinketh
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Focus	Practical application of thought for success	Moral and spiritual development through thought
Tone	Motivational, goal-oriented	Philosophical, introspective
Audience	Business professionals, entrepreneurs	General readers, spiritual seekers
Emphasis	Achieving material success	Cultivating character and virtue

| Style | Audio recordings, concise messages | Literary essay, poetic language |

Features:

- Nightingale's approach is more direct, emphasizing goal achievement and practical steps.
- Allen's work offers a poetic, contemplative perspective on the moral implications of thought.

Impact and Relevance in Today's World

Modern Personal Development

The ideas from both works continue to influence modern coaching, self-help books, and motivational teachings. Concepts like visualization, affirmations, and mental conditioning trace back to these foundational texts.

Pros:

- Empower individuals to take control of their lives.
- Encourage positive habits that lead to success.
- Provide a philosophical framework for understanding personal growth.

Cons:

- May oversimplify complex societal and psychological factors.
- Risk of victim-blaming if external circumstances are ignored.
- Some interpretations can lead to 'toxic positivity.'

Scientific Perspectives

While the core ideas have intuitive appeal, scientific validation varies. Psychology recognizes the influence of mindset on behavior, but also emphasizes systemic factors beyond individual control. Nonetheless, mental practices inspired by these works—like mindfulness and cognitive behavioral techniques—are validated tools for mental health.

Applicability in the Digital Age

In today's fast-paced, distraction-filled environment, maintaining positive, focused thoughts can be challenging. However, digital apps, online courses, and social media motivational content make it

easier than ever to access and practice these philosophies.

Pros and Cons Summary

Pros:

- Promote mental discipline and focus.
- Encourage proactive attitude toward success.
- Inspired countless success stories and personal transformations.
- Offer timeless wisdom applicable across cultures and eras.

Cons:

- Can be misunderstood as a guarantee of success without effort.
- May neglect external factors like socioeconomic constraints.
- Risk of fostering guilt or self-blame when outcomes are unfavorable.
- Not a one-size-fits-all solution; individual differences matter.

Conclusion: The Enduring Legacy

'The Strangest Secret as a Man Thinketh' embodies a profound truth: our thoughts are the architects of our destiny. Both Earl Nightingale and James Allen have contributed invaluable insights into the power of the mind, emphasizing that internal change leads to external transformation. While their approaches differ—one being more pragmatic and goal-oriented, the other more philosophical and moral—the core message remains relevant: control your thoughts, and you can shape your future.

In an age where external stimuli constantly bombard us, revisiting these timeless teachings offers a reminder of the power we hold within. Whether you seek material success, moral virtue, or inner peace, understanding and applying the principles behind 'The Strangest Secret' and 'As a Man Thinketh' can serve as a guiding light toward a more intentional and fulfilled life.

Final thoughts: Embracing these philosophies requires consistent effort and self-awareness, but the potential rewards—personal growth, resilience, and success—are well worth the journey. As you reflect on your own thoughts and beliefs, remember that the greatest secret lies within your mind: what you think, you become.

Question What is the core message of 'The Strangest Secret' by Earl Nightingale? The core message is that our thoughts directly influence our lives, and by controlling our thoughts, we

can achieve success and happiness. How does 'As a Man Thinketh' relate to the principles in 'The Strangest Secret'? Both emphasize the power of thought in shaping personal destiny, highlighting that our mindset and beliefs determine our circumstances. Why is 'The Strangest Secret' considered a motivational classic today? Because it introduces timeless principles about the power of positive thinking and goal-setting that remain relevant for personal development and success. What practical steps does 'The Strangest Secret' recommend for applying its teachings? It encourages setting clear goals, maintaining a positive mental attitude, and consistently focusing on what you want to achieve. How has 'The Strangest Secret' influenced modern self-help and personal development movements? It laid the foundation for many success philosophies by emphasizing the importance of mindset, visualization, and intentional thinking. In what ways does 'As a Man Thinketh' complement the ideas presented in 'The Strangest Secret'? Both works stress that thoughts are the primary cause of personal circumstances and that cultivating positive thoughts can lead to a better life. Are there any criticisms of 'The Strangest Secret' or 'As a Man Thinketh'? Some critics argue that these works oversimplify success by focusing mainly on mental attitude, neglecting external factors like environment and opportunity.

Related keywords: success mindset, personal development, positive thinking, law of attraction, self-improvement, goal setting, subconscious mind, motivation, mental attitude, achievement principles

As A Man Thinketh The Original Classic About Law

Understanding the Power of Thought: An In-Depth Exploration of "As a Man Thinketh" and Its Relevance to the Law

As a man thinketh the original classic about law emphasizes a profound truth: our thoughts shape our reality. Originally penned by James Allen in 1903, this timeless classic explores the influence of our thinking patterns on our character, circumstances, and ultimately, our destiny. While the book is often associated with personal development and mental discipline, its principles are deeply rooted in the understanding of natural laws—specifically, the law of cause and effect, the law of mentalism, and the law of attraction. This article delves into the core ideas of "As a Man Thinketh," examining how the power of thought aligns with foundational legal principles that govern our lives.

The Core Principles of "As a Man Thinketh"

1. Thought as the Foundation of Character

James Allen asserts that the quality of our thoughts directly influences the character we develop. Our inner mental landscape determines our outer circumstances. Positive, constructive thoughts foster virtues such as patience, kindness, and resilience, while negative thoughts lead to vice, weakness, and failure.

- Thoughts shape habits
- Habits form character
- Character influences destiny

2. The Law of Cause and Effect

Allen's philosophy aligns with the universal law that every action has a consequence. Our thoughts are the causes; our circumstances are the effects. By cultivating wholesome thoughts, we set into motion positive outcomes, while destructive thinking breeds unfavorable results.

3. The Power of Thought to Influence Reality

"As a Man Thinketh" emphasizes that our mental state determines our external environment. By changing our thoughts, we can alter our life experiences. This resonates with the law of mentalism, which posits that the universe is a mental creation of the All, and our minds are part of this creative process.

Connecting "As a Man Thinketh" to Legal Principles

1. The Law of Mentalism and Creative Power

The law of mentalism states that the universe is a mental creation, and everything manifests through thought. Allen's teachings echo this principle, highlighting that our thoughts are creative forces. When we think constructively, we attract similar energies, leading to manifestation.

- Thoughts as seeds of reality
- Mind as the master key to success and failure
- Our mental state influences our surroundings

2. The Law of Cause and Effect in Personal Development

The concept that every cause produces an effect is central to both Allen's philosophy and legal understanding. Our persistent thoughts set in motion a chain of causes that culminate in specific effects. Recognizing this law empowers individuals to take responsibility for their mental patterns.

3. The Law of Attraction and Thought Power

The law of attraction suggests that like attracts like. "As a Man Thinketh" underscores that our predominant thoughts draw similar energies into our lives. By maintaining positive thoughts, we align ourselves with favorable circumstances, reinforcing the idea that our mindset influences our reality.

Practical Applications of "As a Man Thinketh" in Law and Personal Success

1. Cultivating Positive Thought Patterns

To harness the law of mentalism and cause-and-effect, individuals should focus on developing constructive thought habits:

- Practice daily affirmations and visualization
- Replace negative thoughts with positive alternatives
- Set clear intentions aligned with desired outcomes

2. Recognizing and Overcoming Limiting Beliefs

Limiting beliefs act as mental barriers that hinder success. By applying the principles from "As a Man Thinketh," individuals can identify these beliefs and replace them with empowering thoughts, thus changing their circumstances.

3. The Role of Mindset in Law Enforcement and Justice

Legal professionals and law enforcement officials can benefit from understanding the influence of thought patterns. Maintaining a justice-oriented mindset, free from prejudice and bias, ensures fair treatment and equitable outcomes, demonstrating how mental states impact legal processes.

The Legacy of "As a Man Thinketh" in Modern Thought and Law

1. Influence on Self-Help and Personal Development Movements

The principles outlined by James Allen have inspired countless self-help authors and motivational speakers. The idea that changing one's thoughts can transform life circumstances is foundational to modern success psychology.

2. Integration into Legal and Ethical Frameworks

Understanding the power of thought enhances ethical practices in law. Recognizing that individuals' mental states influence their actions promotes compassion and rehabilitation over punishment alone.

3. The Philosophical and Spiritual Dimensions

Beyond law and personal development, "As a Man Thinketh" touches on spiritual laws?emphasizing that our mental discipline aligns us with universal principles, fostering harmony and growth.

Conclusion: Embracing the Law of Thought for a Prosperous Life

"As a Man Thinketh" remains a cornerstone in understanding the profound influence of our thoughts on our lives and the universe at large. Its teachings seamlessly integrate with established legal principles, emphasizing that each individual holds the power to shape their destiny through disciplined, intentional thinking. By applying these timeless laws?mentalism, cause and effect, and attraction?we can create a more just, harmonious, and fulfilling existence. Whether in personal development, legal practice, or spiritual growth, the core message endures: our thoughts are the genesis of all we experience. Cultivating positive, purposeful thoughts is the key to unlocking success and harmony in every aspect of life.

As a Man Thinketh: An Analytical Review of the Classic Philosophy on the Power of Thought and Its Legal Implications

Introduction

James Allen's timeless work, *As a Man Thinketh*, first published in 1903, remains one of the most influential texts exploring the profound relationship between thought, character, and destiny. Often hailed as a philosophical cornerstone on the law of mental causation, the book underscores the premise that human thoughts are not passive but active forces shaping individual lives and, by extension, societal realities. This article delves into the core themes of Allen's work, examines its philosophical underpinnings, and analyzes its implications within the context of law?both moral and legal?while providing a comprehensive critique of its relevance in contemporary discourse.

The Central Thesis: The Power of Thought

At the heart of *As a Man Thinketh* lies the assertion that "a man is literally what he thinks, his character being the complete sum of all his thoughts." Allen posits that thoughts are causal agents, akin to seeds planted in the fertile ground of the mind, which ultimately bear the fruit of actions, habits, and circumstances. The foundational idea is that individuals possess the capacity?and responsibility?to shape their destiny through disciplined, constructive thinking.

Thought as a Creative Force

Allen emphasizes that thought is not a mere reflection of external realities but a creative power capable of molding circumstances. This perspective aligns with the metaphysical notion that reality is shaped by mental patterns, echoing principles found in various philosophical and spiritual traditions. The implications for law are significant: if thoughts influence actions, and actions have legal consequences, then understanding the genesis of behavior becomes crucial for legal accountability and moral judgment.

The Law of Cause and Effect

Allen's philosophy closely aligns with the universal law of cause and effect, often called the Law of Karma in Eastern traditions. He suggests that "as a man thinketh in his heart, so is he," indicating that internal states manifest externally over time. This causal relationship underscores that individuals are ultimately responsible for their circumstances, as their thoughts generate the conditions they experience.

Thought and Character Development

One of the key sections of the book explores how thought shapes character. Allen contends that:

- Thoughts lead to habits, which form the foundation of character.
- Positive thoughts cultivate virtues such as patience, kindness, and integrity.
- Negative thoughts foster vices like anger, greed, and resentment.

The Role of Self-Control

Allen advocates for the cultivation of self-control as a means of directing thoughts towards constructive ends. By mastering their mental patterns, individuals can forge resilient character and achieve personal harmony. From a legal perspective, this underscores notions of moral responsibility: the extent to which individuals are accountable for their thoughts and the subsequent actions they inspire.

The Power of Purpose and Intention

The author emphasizes that deliberate, purposeful thinking is essential in shaping destiny. Clear aims and focused mental energy act as catalysts for achievement. This idea supports the concept that intentionality plays a pivotal role in legal and moral judgments—highlighting the importance of intent in criminal law and ethical evaluations.

The Impact of Thought on Circumstances

Allen's work posits that circumstances are a reflection of one's mental state. He delineates three categories:

- Thoughts of a specific nature produce corresponding external conditions.
- Persistent thoughts tend to materialize over time.
- Imbalanced or uncontrolled thoughts can lead to chaos in life.

The Law of Attraction

While Allen predates modern discussions of the Law of Attraction, his insights anticipate many of its core ideas—that like attracts like, and that mental focus influences material reality. For legal systems, this raises questions about the extent to which mental states are considered in assessing responsibility and foreseeability of actions.

Thought and Health

Allen devotes a section to the connection between thought and health, asserting that negative mental states can manifest physically, leading to disease, while positive thinking promotes vitality. This nexus between mind and body introduces a holistic view of law and well-being, emphasizing that mental health is integral to overall health and societal functioning.

Thought and Moral Responsibility

A significant portion of *As a Man Thinketh* discusses moral responsibility, asserting that individuals are architects of their own character and destiny. The law, inherently moral in its foundation, recognizes this principle through concepts such as intent, negligence, and moral culpability.

Moral Consequences of Thought

Allen suggests that:

- Thoughts are the seeds of actions.
- Moral virtue is cultivated through disciplined thought.
- Vicious thoughts inevitably lead to wrongful actions.

This underscores the importance of inner moral discipline, influencing legal doctrines that differentiate between intent and act. The idea that internal states precede external conduct informs

criminal law's emphasis on mens rea—the guilty mind.

Justice and Fairness

The concept that individuals reap what they sow aligns with notions of justice. If thoughts shape actions, then understanding a person's mental state becomes crucial in administering fair judgment. The law's evolution towards considering psychological factors in culpability echoes Allen's philosophy.

Critical Analysis and Contemporary Relevance

While *As a Man Thinketh* offers profound insights into the power of thought, its application within modern legal frameworks warrants careful analysis.

Strengths of Allen's Philosophy

- Empowerment: Encourages personal responsibility and proactive mental discipline.
- Holistic View: Integrates mind and body, emphasizing mental health's role in societal functioning.
- Foundational for Positive Psychology: Influences contemporary movements focusing on mindset and resilience.

Limitations and Criticisms

- Determinism vs. Free Will: Critics argue that overemphasizing thought as the primary determinant may neglect external factors such as socio-economic conditions, upbringing, and systemic injustice.
- Practicality: The notion that positive thinking alone can overcome structural barriers may oversimplify complex societal issues.
- Legal Implications: While mental states are considered in law, the idea that thoughts alone can cause circumstances may overreach beyond established legal principles.

Relevance in Modern Law

Modern legal systems recognize the importance of mental states, particularly in criminal law, where intent and awareness influence culpability. Allen's emphasis on thought as a causal agent aligns with this understanding but must be balanced with environmental and social considerations.

Conclusion

As a Man Thinketh remains a philosophical touchstone that underscores the profound influence of thought on human life and law. Its core message—that individuals hold the power to shape their destiny through disciplined mental practices—resonates across personal development, morality, and legal responsibility. While its metaphysical assertions require contextual understanding, the work's enduring relevance lies in its affirmation of human agency and the moral imperative to cultivate constructive thoughts. As society continues to grapple with issues of accountability, mental health, and social justice, Allen's insights serve as a reminder that the mind's power extends beyond individual well-being to the very fabric of justice and societal evolution.

Question What is the core message of 'As a Man Thinketh' by James Allen? The core message is that our thoughts shape our character, circumstances, and destiny, emphasizing the power of positive thinking and mental discipline. How does 'As a Man Thinketh' relate to the concept of the law of attraction? The book aligns with the law of attraction by suggesting that our thoughts attract similar energies and circumstances, highlighting the importance of cultivating constructive thoughts. Why is 'As a Man Thinketh' considered a classic in self-help and personal development? Because it offers timeless insights into how thoughts influence life outcomes, inspiring countless readers to take control of their mindset for personal growth. What practical steps does the book recommend for mastering one's thoughts? It encourages mindfulness, positive affirmations, and deliberate focus on constructive thoughts to reshape character and life experiences. In what ways does 'As a Man Thinketh' address the law of cause and effect? The book posits that our thoughts are causes that produce corresponding effects in our lives, reinforcing the idea that mental habits determine external realities. How can 'As a Man Thinketh' be applied to modern personal development practices? By emphasizing mental discipline, visualization, and affirmations, the principles can be integrated into daily routines to foster positive change. What are some criticisms or limitations of the ideas presented in 'As a Man Thinketh'? Critics argue that it oversimplifies complex social and economic factors, suggesting that mindset alone may not address systemic barriers, though it remains a valuable tool for personal empowerment. How does 'As a Man Thinketh' connect to the broader concept of mental law or the law of mind? It presents the idea that the mind operates according to natural laws, and by aligning thoughts with desired outcomes, individuals can influence their reality. Can 'As a Man Thinketh' be considered a religious or spiritual book? While it emphasizes spiritual principles like the power of thought and moral virtue, it is largely secular and focuses on personal responsibility rather than specific religious doctrines. What impact has 'As a Man Thinketh' had on contemporary law of attraction teachings? Its emphasis on the power of thought and mental focus has influenced many modern teachings about manifesting desires and creating one's reality through mindset.

Related keywords: male mindset, personal development, self-improvement, mental attitude, positive thinking, success principles, motivational classics, spiritual growth, law of attraction, inner strength

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