

RANDOM HOUSE  BOOKS



Stay Alive All Your Life

Norman Vincent Peale

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ALSO BY NORMAN VINCENT PEALE

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About the Book

The emphasis of this book is on faith, and Dr Peale shows in many practical examples how the magic of this attitude can perform miracles in your daily life. He *proves* that only with deep and honest belief, in yourself, in your work, and in God, can these miracles occur.

But Dr Peale believes also that faith and positive thinking alone cannot provide fulfillment. He makes clear that the achievement of lasting fulfillment is an active process. ACTION is necessary to defeat the daily assaults of doubt, hesitation, fear, worry and spiritual depression; all of which block the road to complete fulfillment. Peale demonstrates to you that positive action, supported strongly by belief, cannot ever lose the Battle of Life.

Also by Norman Vincent Peale

The Power of Positive Thinking
The Power of Positive Living
The Amazing Results of Positive Thinking
Enthusiasm Makes the Difference
A Guide to Confident Living
Inspiring Messages for Daily Living
The Joy of Positive Living
The Positive Principle Today
Positive Thoughts for the Day
The Positive Way to Change Your Life
Power of the Plus Factor
The Power of Positive Thinking for Young People
The Tough Minded Optimist
Joy and Enthusiasm
The New Art of Living
Courage and Confidence

With Kenneth Blanchard

The Power of Ethical Management
(You Don't Have to Cheat to Win)

With Smiley Blanton

The Art of Real Happiness

Also edited by Norman Vincent Peale

Unlock Your Faith-Power

Stay Alive All Your Life

by
Norman Vincent Peale

“May you live all the days of your life.”
—JONATHAN SWIFT



To my wife
RUTH STAFFORD PEALE
with appreciation for her wise advice,
enthusiastic support, and constant
helpfulness in the writing of this book

To the reader

Dear Friend:

I appreciate your interest in this book. It was written with you in mind. Its purpose is to help you enjoy a more satisfying life. I like to think that by reading and, more important still, by practising the suggestions the book contains, you will have a greater sense of well-being, increased vitality, and a keener interest in living.

This desired result is achieved through applying certain simple formulas. But these are not easy. There is no easy road to a happy life. But neither is that goal impossible.

I believe the Lord intends us to be filled with energy and enthusiasm; to have dynamic health of body, mind, and soul. Vibrant life is surely God's intent. We can come to no other conclusion if we read the Bible. Life glows from its pages. One of its most characteristic statements says, "I am come that they might have life, and that they might have it more abundantly." (John 10:10)

This volume goes further than my previous book, *The Power of Positive Thinking*, in emphasising how to achieve well-being, vitality, enthusiasm and effectiveness in life. My former book outlined how to *think* positively about your problems. The present volume attempts to show you how to put these positive thoughts into *action*, and by believing and having faith in their power, succeed in achieving what you want out of life.

I am sorry that I cannot promise all the answers. Who can? But some of the answers to effective living are outlined here. I base this judgment upon the experience of many who live by the principles described in this volume, and some of whose inspiring stories are mentioned. I sincerely trust that

through this book you, too, will learn to live dynamically and happily all your life.

I wish to express appreciation to my daughter, Margaret Ann Peale, for her valuable secretarial assistance in the preparation of this manuscript. Acknowledgment is made to *Guideposts Magazine*, Carmel, New York, for permission to quote from various articles.

Norman Vincent Peale

How to Use This Book to Help Solve Your Problems

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Publisher's Note: This short section has been specially designed to aid you in solving some of the difficult problems you face in the course of your daily social, business and personal life. It also will refer you to specific chapters in the book where more detailed help is available.

Below you will find a number of such problems stated. Along with each is a brief comment by Dr. Peale on the subject and a reference to a particular section in the book where the problem is fully discussed by him. We hope this special section will prove useful to you in suggesting solutions to some knotty problems, and that you will look to this section whenever you feel the need of Dr. Peale's help.

*

How can I stop worrying about things I can't possibly do anything about?

“The basic secret of overcoming worry is the substitution of faith for fear as your dominant mental attitude. Two great forces in this world are more powerful than all the others. One is fear and the other is faith; and faith is stronger than fear . . .”

See Chapter IV, [“Kill Worry and Live Longer.”](#)

I get keyed up so often and cannot seem to relax. Is there anything I can do about this?

“The Biblical prescription for energy calls for ‘waiting’ upon the Lord . . . The secret of a continuous power-flow is in adjusting yourself to God’s controlled pace and tempo. Synchronise your thinking and living with God’s unhurried timing . . . The absence of tiredness depends upon being in the natural rhythm of God.”

See Chapter VII, [“Stop Being Tired—Live Energetically,”](#).

I’ve always thought peace of mind was a good trait. But lately I’ve been hearing that it just ‘lulls’ people into a false sense of security. Is peace of mind really a valuable thing to acquire?

“A great value of peace of mind is that it increases intellectual power. The mind is efficient only when it is cool—not hot. In a heated state of mind, emotions control judgment, which may prove costly. Power comes from quietness . . .”

See Chapter XII, [“Peace of Mind—Your Source of Power and Energy,”](#).

Why do I so often seem to be ‘wrong’ about things? Is there some formula for not making so many mistakes?

“A successful life depends upon developing a higher percentage of wisdom than error. Then you will do fewer things wrong and more things right. In improving your right-decision percentage, the knowledge of *how* to make a decision is very important. And more and more people are learning

that the highest percentage of right decisions is attained when spiritual methods are employed.”

See Chapter VIII, [“Learn from Mistakes—and Make Fewer.”](#)

How can I control my temper and keep from flying off the handle when frustrating things happen?

“A rudimentary fact that many miss is that there are some people and things in this world that you just have to get along with, and no amount of resistance or railing will accomplish anything except to increase your frustration . . . A quiet and urbane philosophy . . . is most important in eliminating frustrated feelings.”

See Chapter III, [“How to Conquer Your Frustrations and Be Creative.”](#)

I am a moody person; how can I develop a more positive and happy outlook on life?

“Your mind may try to block you in your desire to become a joyous and harmonious individual by telling you that ‘thinking doesn’t make it so.’ But thinking CAN make it so and often does, if at the same time thinking is implemented by diligent effort and by scientific and persistent practice.”

See Chapter X, [“Your Life Can Be Full of Joy.”](#)

How can I be expected to accomplish things that I feel are beyond my limitations? Maybe I’m not as smart or talented as other people?

“The amazing untapped power you have within you is of a force and quality that you cannot fully comprehend. Therefore, do not let yourself be a victim of the dismal concept of self-assumed

personal limitation . . . Even if your ability, training, and experience are less than others', you can compensate for almost any lack of dynamic enthusiasm."

See Chapter II, ["Enthusiasm Can Do Wonders for You,"](#).

How can I conquer boredom and that 'half-alive feeling in regard to my daily work?

"Put animation into your daily work. Your life's vitality can be increased by taking an immense pleasure in all that you are doing. Practise liking it. By this attitude tedium and the distinction between labour and pleasure is erased . . . you will get enjoyment out of your activity because aliveness stimulates the sense of excitement."

See Chapter VI, ["You Can Have Life If You Want It,"](#).

What is it that makes me so tense at times and what can I do about it?

"Tension can and does have deeper causes than pressure and hard work. Tension may arise from old and seemingly buried feelings that originally caused hurt and may have deepened into resentment. We seldom put two and two together to see the connection between our present tension and old antagonistic attitudes . . . but you should explore this possibility . . ."

See Chapter IX, ["Why Be Tense? How to Adjust to Stress,"](#).

I can manage to handle the 'little' things in life, but I'm just afraid to tackle the big ones. Can you help me?

“I believe that when you plan something big you are actually thinking the way God intended men to think . . . Big faith equals big results. Big dreams, plus big thinking, plus big faith, plus big effort—that is the formula by which big things are done . . . and by which big difficulties are overcome.”

See Chapter V, [“You Can Have Power Over Your Difficulties,”](#)

I constantly doubt my ability to accomplish the things in life I really want. How can I fight this self-doubt?

“Every individual forms his own estimate of himself and that basic estimate goes far towards determining what he becomes. You can do no more than you believe you can. You can be no more than you believe you are. Real belief helps to make your faith come true. Belief helps stimulate power within yourself . . .”

See Chapter I, [“The Magnificent Power of Belief,”](#)

I wish I could believe in a life after death, but I can't. Is there any proof of immortality beyond what religion teaches?

“One of the most significant facts about modern thinking is the new conviction that the universe is spiritual. The old materialistic conception is fading . . . Current scientific investigation seems to lend support to our intuitions and faith. Recently an eminent scientist expressed as his personal belief that the soul theory has been proved according to the minimum standards of science.”

See Chapter XVI, [“Live Forever,”](#)

Is it really true that emotions can cause sickness, and, if so, what can be done about it?

“A real cause of ill health is ill will. Having allowed ill will to accumulate and its inevitable accompaniment of guilt to clog the mind, naturally your vital powers are depressed. Sick feeling results. The cure of this condition is good will . . . This may be accomplished by a shift to the attitude of love and the healing qualities which it generates.”

See Chapter XIII, [“How to Feel Well and Have Vibrant Health,”](#).

How can I rid my mind of depressing thoughts?

“Study your thoughts, write them down on paper and analyse them, whether they are creative or destructive . . . replace every weak thought with a strong one, each negative thought with a positive one, a hate thought with a loving one, a gloomy thought with a lifted one . . . You will find this literally a magic formula.”

See Chapter XI, [“Lift Your Depression and Live Vitally,”](#).

How can I cope with my problems when I feel so ‘alone’ in facing them—so alone that I lose confidence in solving them?

“There is a text in the Bible that is so powerful it can change your life . . . ‘If God be for us, who can be against us?’ Personalise these words so that they apply directly to you . . . Now bring a picture into your mind of God facing your obstacles. Can they stand against God . . . ?”

See Chapter XIV, ["Self-Confidence and Dynamic Achievement,"](#).

How can I have faith in life, or even in God, when I am so frequently distracted by pain?

“. . . faith becomes an instrument for getting insight into the fundamental meaning of suffering and for bearing it. Even as pain may be removed by faith, so it may be endured by faith.”

See Chapter XV, ["Living Above Pain and Suffering,"](#).

CHAPTER I

THE MAGNIFICENT POWER OF BELIEF

“Every individual forms his own estimate of himself and that basic estimate goes far towards determining what he becomes. You can do no more than you believe you can. You can be no more than you believe you are. Belief stimulates power within yourself. Have faith in faith. Don’t be afraid to trust faith.”

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ONCE, WHILE I was dining with friends in a South-West Texas hotel before giving a lecture, a man entered the restaurant and asked for me.

In the conversation he startled my friends and me by saying: “I came to this town a bum.” Noting our bewilderment, he continued, “I mean it—a bum, a hobo.” This statement was so unbelievable, considering the obviously fine person who spoke, that we listened intently.

He told us that back in West Virginia, a few years before, he began drinking heavily. He lost one position after another, each new job being farther down the economic scale, until finally he hit bottom. Dirty and unshaven he shuffled the streets, only half-heartedly looking for work which he did not get. Finally, in desperation, his wife left him. Homeless, broke, and defeated he left town and

aimlessly 'bummed' west. He slept in haystacks, barns, and alleys. Meals were begged from door to door.

One day a kindly lady gave him a hand-out on her back porch and stood watching him wolf it down. "You look like a nice young man," she observed. "You shouldn't be in this condition. I am going to give you something which can change your life if you will use it."

She went into the house and returned with a book. "Read this," she said. "Do what it says and you can be a useful person again."

Our friend shuffled on west with the book in the pocket of his ragged coat. Having nothing else to do and much time on his hands, he read every word of it dozens of times. Often, to escape the winter cold he would go into libraries and there read his book.

Gradually, its simple message began to penetrate his dark thoughts and permeate his consciousness. "Get in harmony with God, change your thoughts and your way of living; believe and succeed; through faith you can, believe you can, and you can." So ran the emphasis of the book.

Finally, by practice, he learned to pray and to have faith. He sincerely tried the spiritual technique suggested and the change began. Presently he came to this Texas town where he had been told a certain man would give him a job. "As I approached his home a beautiful young woman was sweeping the walk. Will you believe it when I tell you that she is now my wife?" he asked with a smile.

He worked at a number of small jobs, each better than the last. Then he felt a desire to be an accountant, having a liking for figures and some experience with them in the pre-drinking days. One day a company dealing in pipes for the oil fields asked him to figure a job estimate. He had never undertaken so complicated a proposition, but he prayed for guidance, studied hard over the problem, and finally figured costs quite accurately. This was a remarkable achievement

considering his lack of experience. From then on he went forward and became successful as a person.

Finishing his remarkable story he pulled from his pocket the soiled and ragged book which he had carried on his wanderings and tenderly laid it on the table with the remark, "Anybody can do as I did, and most will not have as far to rise. The secret is, have faith, believe, and practise."

This man's experience demonstrates a law which is stated succinctly in the dynamic and creative teachings of Jesus Christ. "If thou canst believe, all things are possible to him that believeth." (Mark 9:23) As you train your mind to believe, defeatist tendencies are reversed, and everything tends to move out of the area of the impossible into that of the possible.

First, become a believer in God, not merely academically, but believe confidently in Him as your guide, and actually practise spiritual principles. Second, believe in yourself, in people, and in life itself. Have a sincere desire to serve God and mankind, and stop doubting, stop thinking negatively.

How do you have faith? Simply start living by faith, pray earnestly and humbly, and get into the habit of looking expectantly for the best. This type of thinking will presently cause an actual reversal in the flow of your life, for life is always in a state of flow one way or the other. Failure factors will move from you and success factors, by a magnetic attraction, will move towards you. The dynamic and positive attitude is a strong magnetic force which, by its very nature, attracts good results.

This, of course, does not mean you will get everything you want. When you live on a faith basis your desire will be only for that which you can ask in God's name. But whatever you should have, whatever is good for you will be granted. There is no limit to what God will give to those who practise His laws.

By success, of course, I do not mean that you may become rich, famous, or powerful for that does not, of

necessity, represent achievement. Indeed, not infrequently, such individuals represent pathetic failure as persons. By success I mean the development of mature and constructive personality.

Through the application of the principle of constructive thinking you can attain your worthy goals. The natural outcome of living by creative principles is creative results. *Believe and create* is a basic fact of successful living. You can make your life what you want it to be through belief in God and in yourself.

Frank Lloyd Wright, the famous architect, who has been called one of the most creative geniuses of all time said, "The thing always happens that you really believe in. And the belief in a thing makes it happen. And I think nothing will happen until you thoroughly and deeply believe in it."

The Biblical law, "According to your faith be it done unto you," (Matt. 9:29) expresses the truth that the extent to which you receive God's blessing depends precisely upon the degree to which you believe.

Many illustrations of the operation of this principle might be given. For example, a woman told me that for years she depreciated herself as 'the plain one' of four sisters. The other three so-called more charming sisters had always told her she was plain and unattractive and she came to believe that untruth.

Then one day a friend said, "But you are not plain. Try picturing yourself as the sincere and attractive person you are. Charm," she continued, "is not procured from a bottle. It comes from right thinking and radiant living. So, decide what you want to be, then paint a picture of yourself as being that. Humbly believe that, with God's help, your picture of yourself will come to pass."

This friend asked her a direct question, "What do you really want from life? You will need to answer that question specifically, before you will have any chance of getting it." It

was a wise question, for goals are never reached unless they are first specifically formed in the mind.

“If you really would like to know,” said the other with embarrassment, “I want a husband and children and a good home.” (Her sisters, all married and having homes of their own, had assured her that she was too plain and could never hope for marriage.)

“Do not be embarrassed by such a normal desire,” said her friend. “To accomplish this worthy goal hold a mental picture of the home and husband and children you want. Then put the wish in God’s hands to give or to withhold. If it is His will, He will grant it. Ask Him to develop your personality in preparation for wifehood and motherhood. Ask God to make you beautiful, charming, and good.”

This woman painted and held her mental picture, affirming it by unremitting perseverance into reality, and this Cinderella story came true.

Some people complain that only the gifted or the accomplished may successfully employ these creative techniques. Such thinking is a dangerous form of rationalising failure. The more jealousy one has in one’s nature the more critical one is of those who have accomplished things.

If you are critical and mouthing negativisms it could be that your own failures are caused by a mixed-up, hate-filled mind. A sign of mental health is to be glad when others achieve, and to rejoice with them. Never compare yourself or your achievements with others, but make your comparisons only with yourself. This will force you to attain higher standards and achievements. Do not defeat yourself by holding spiteful or jealous thoughts. Think straight, with love, hope, and optimism and you will attain victory in life.

A demonstration of these facts is described in a letter I received several years ago from a man who applied them in a difficult situation.

Dear Dr. Peale,

A week and a half ago I was ticket-collector and doorman at a theatre in the Bronx. Then the boss told me business was slow and I was laid off. In my heart and soul, however, I had no fear because faith had entered into my life.

In a week my money was about gone, and I still had no job, so I went to the New York State Employment Service and filled out an application for a hotel job. I pictured myself getting a good job. A day later the man called me and gave me a good job at a hotel for more money; \$42.00, when I had only been getting \$27.56.

Now, I learned all this in the Marble Collegiate Church by going to the services on Sunday. My life is improved and I am improving. My life is turning to light, and goodness, and the darkness of ignorance is being blotted out of my life. I know how to get ahead and keep going. I love the church, and I will help the church out as much as I can, and I am going to give the church one dollar every Sunday.

He loves the church, and he wants to give to God. Why not? The church taught him the great secret of positive faith, which opened new vistas of hope for him. This man, lacking in education and struggling on a poverty level, had nevertheless become sensitised to that electric atmosphere that develops in church when spiritual power is released. He listened to the message about getting in harmony with God and learning to live by faith.

He believed that message and practised it. It did not free him from difficulty. It was never promised that it would. But that message did give him the know-how and power to handle his difficulties and master them. The validity of his

experience is attested by the fact that, having received, he wanted to share with God. It is a subtle and important fact that if we seek spiritual values only for ourselves, they will turn dead in our hands; but when we receive and give, they replenish themselves.

I have seen transformations in people, under the influence of spiritual power, that are almost unbelievable. I have watched people come to the church as one sort of person and depart altogether different. In church creative living techniques are taught and specific methods are outlined for using dynamic principles to overcome failure, cast out fear, and heal sorrow. Something may happen to you in church that can completely change everything in your life for the better. You will be very wise, indeed, if you get alerted to the possibility.

To the Marble Collegiate Church every Sunday come people of all creeds, or no creed. Among them are old and young, sophisticates, the poor, the rich, the mighty, and the defeated. They are all there, mixed with the happiest crowd of people you ever saw, people whose lives have been changed. You should hear them sing. Their enthusiasm is infectious. They have a happy religion, because it is to them the symbol of victory over themselves and every wrong and defeating thing that previously took the joy out of life. Dynamism is in the very atmosphere.

Let me tell you about another man who, like our theatre doorkeeper from the Bronx, found the answer; only this man was a banker. Spiritual laws are not respectors of persons. They are available to all who will believe and practice and live on a spiritual level.

I stood with this banker one summer Sunday outside a small country church where we had both been worshipping. "What a great place the church is," said Bill. "If people only knew what they can get in church, they would flock here by the thousands." (Perhaps that is why immense throngs are now pouring into churches every Sunday.)

He was speaking of something he knew to be true through personal experience, the surest of all verifications. Several years before he had been president of a bank but, due to a feud, he had been ousted and found himself, at fifty-two, without a job. His first reaction was one of panic, for he had two children in college and other financial obligations. He was flooded with hatred for the men responsible for his dismissal. Finally he yielded to the sinister despair that he was finished.

It was at this point that he came to church, desperately looking for a way out. He heard about the simple, dynamic, creative principles of faith. Then Bill and I had a conference. How could religious faith help him, he wanted to know.

I said, "First you must empty out all that hate. Pray for those men. Ill will corrodes the soul and impedes the channel through which spiritual and creative power flows."

"That is hard," he said, "but I'll try."

"Then," I said, "fear must come out. Put your problems confidently in God's hands and believe that He will guide you."

He followed these directions and continued to practise this new way of thinking even though things grew much worse. His finances actually got so low that he was forced to resort to blueberry picking to buy groceries. This would be enough to discourage most men completely, and previously it would have done so for him, but his new faith was working in him. He felt strangely peaceful and was able to see the creative values in his hard experience.

"Formerly my wife and I were so busy we became almost strangers to each other. Picking blueberries on opposite sides of a high bush helped us really to know each other. Her smile, the loveliness of her soul, the wonderful things she said, and the loyal way she stood by me built me up. We found God and each other in a blueberry patch," he said tenderly.

Today Bill is head of a small town bank, but more important, he is a constructive factor in his church and community. And when people consult him about business matters he goes further and gives them some helpful thoughts on how to believe and succeed. In his own practical way he gives people the simple, dynamic, creative philosophy of Jesus Christ.

One thought you must always hold is that you can attain a higher level for your life. Few people realise their real possibilities. Many believe that 'ordinary' persons must remain ordinary all their lives. That concept is false and a slander on human nature and on the God who created you. One of the chief functions of spiritual truth is to reveal and release the extraordinary possibilities in so-called 'ordinary' persons. Personally, I do not believe any human being is ordinary. I like the statement of Dr. Harold C. Case, President of Boston University, that "The spirit of democracy is to believe everyone into greatness."

Why do some people seemingly have the touch of failure? Why do things go wrong for them, and so often? Why do they experience an ever accumulating series of irritating frustrations, their projects and plans so frequently going badly? In most cases, analysis reveals that ineptness is inherent in the individual, rather than in the circumstances. If things continually go wrong for you, perhaps the psychology of wrongness is in you and should be corrected.

Do not waste time complaining about conditions or about other people. Honestly face the possibility that your thinking may be wrong; that your trouble may be within yourself. It isn't that you lack ability, but rather that your mental slant and approach is tinged with failure thoughts and, naturally, failure follows. Also, your attitudes may be harsh, critical, and unfriendly towards other people, with the result that they withdraw from you without themselves understanding the reason. In subtle ways a lack of personal inner harmony is quickly reflected in inharmonious personal relations. And

your relationship with other people is profoundly important to your own successful living.

It is also important to emphasise that a basic factor in successful living is not how much you know or how hard you work, although neither is to be minimised. The most important factor is what you believe and how sincerely you believe it. This law was stated by William James, one of the greatest thinkers in American history, who said, "In any project, the important factor is your belief. Without belief there can be no successful outcome. That is fundamental."

At a high school commencement a large banner stretched across the stage proclaimed the class motto in huge letters, 'They Conquer Who Believe They Can'. High school graduates who go into the world with that truth printed on their minds, will do something constructive, provided they continue to hold the concept. Whatever your goal, you can attain it if you believe you can and then keep on believing even when it is hard to believe.

This truth is so dynamic that even the most unlikely persons often demonstrate its power. For example, a janitor's helper in a big city railroad station had a job pushing a mop. At forty-five he was only a mop-pusher. It would seem that a man so situated would not have any great future.

However, there was a railroad conductor, a man of faith, who came in and out of that station. He liked this mop-pusher and one day said to him, "You ought to have a better job than this."

"How?" the man asked dully. "I have a wife and three children and an aged mother and I never had any education; and besides, a man can't get ahead like they once did in this country. Those days are gone for ever." So he mouthed the cynical, negative philosophy we have heard so much in late years.

But the conductor made him believe in his country and himself and reminded him of all that God can do with a

person who is surrendered to God's Grace. He painted a picture of something better, until that picture began to form in the man's mind. This set in motion dynamic forces that stimulated events. One day the conductor told him that in a near-by town a man wanted to sell a hamburger stand. He inspired the mop-pusher to go and look over the opportunity.

When he arrived in that town he found the price asked for the hamburger stand was three hundred and fifty dollars, and our prospective restaurant man had but twenty-five in cash to invest. But now he had something worth more than money. He had positive thoughts. He had developed real faith, and the sustained visualisation of a better opportunity had already made his personal reactions dynamic. With this fresh, new quality of mind he was unwilling to accept defeat. So, carefully and prayerfully, he considered the situation and submitted to the owner a proposition that he purchase the place without down payment, but agreeing to pay, within a year, the sum of five hundred dollars. Ordinarily the owner would have impatiently brushed aside such an offer, but something in the spirit of this man impressed him and he accepted. Then this man arranged with the grocer and butcher for the daily purchase of supplies on credit, with the stipulation that they be paid for each morning from the previous day's receipts.

From that desperate beginning the erstwhile lethargic and defeated mop-pusher worked, believed equally hard, and today owns a very nice restaurant. Printed on his menus are these lines which nourish the spirit of his customers as his good food strengthens their bodies.

If you think you are beaten, you are;
If you think you dare not, you don't;
If you want to win but think you can't
It's almost a cinch you won't.
If you think you'll lose you're lost;

For out in the world we find
Success begins with a fellow's will;
It's all in the state of mind.
Life's battles don't always go
To the stronger and faster man,
But sooner or later the man who wins
Is the man who thinks he can.

"I can do all things through Christ which strengtheneth me," (Phil. 4:13) is the statement of a spiritual law, which expresses the result that comes when a believing person establishes a real working partnership with God.

It is most important to have faith in faith itself. Cultivate the conviction that, as you think constructively in terms of faith, you can successfully handle any situation that may confront you. Emerson warned that "no accomplishment, no assistance, no training can compensate for lack of belief." The late Mr. Justice Cardozo of the United States Supreme Court said, "We are what we believe we are."

Every individual forms his own estimate of himself and that basic estimate goes far towards determining what he becomes. You can do no more than you believe you can. You can be no more than you believe you are. Real belief helps to make your faith come true. Belief stimulates power within yourself. Have faith in faith. Do not be afraid to trust faith.

The parents of a sixteen-year-old boy entered him in a preparatory school which they could scarcely afford, but they wanted their son to have advantages they had not enjoyed. The boy appreciated his opportunity and determined to justify it. He set his heart on winning the scholarship prize to compensate for his parents' sacrifice. He worked diligently and began to ascend to dizzy heights of scholarship that he had never attained previously.

Up and up went his marks—80, 85, 90. He had never received such grades and, like a person climbing to a high place, became frightened at his own achievement. Then

came a destructive thought. "This scholastic level is too high for me. I am out of my depth. I cannot hold this standard." Thus, he began to doubt and to disbelieve. Soon his mind accepted this lack of faith in himself. Then, since his ability was no longer challenged, his mind closed up and he could not seem to remember his lessons as well. The quality of his work fell off. Soon he was doing poorly in his studies and his marks declined. He became very discouraged and was even ready to quit.

"But one night," said he, "I opened my Bible in the hope of some encouragement, and happened upon the verse which said, 'With God all things are possible.' (Matt. 19:26) That made me think, 'My parents believe in me and, for awhile, I was able to get high marks. Since I did that well once, why couldn't I do it again. I believe that God will help me.' All of a sudden," he said, "I knew that I could do it." And he did do it. His grades crept up again. He became top boy in scholarship. When he recovered faith in faith his personality focused and power flowed through.

So, practise every day the act of casting all doubt out of your mind. Never settle for anything less than all that you want to be. Perhaps you are getting older and you say to yourself, "I have done all I will ever do; I have reached my limit." Never say that. Never entertain such an unworthy or false thought. You are not entitled to write yourself off as through. Do not impose self-created limitations upon yourself. Keep on believing as long as you live and your effectiveness will be prolonged.

Academically and theoretically most people believe that God helps people, but not always do they actually seek that help in specific situations. "What can God do in this particular instance?" they ask dubiously. Let us answer that negation with the question, "What can't God do?" Thousands of sincere people have demonstrated that, through faith, a power and wisdom beyond all human ingenuity may be brought to bear upon specific situations.

When Bob Richards, world's champion pole vaulter, received an award as the amateur athlete of the year he was asked by reporters for the secret of his athletic powers. "I owe my achievements to the power of the Lord," he replied. When the athletic sports-writers interrogated him further he explained, "Oh, don't get the idea that some metaphysical power comes down as I start to vault, and lifts me over the bar. It isn't that way at all. When I speak of the power of the Lord, I mean the psychological influence that He exerts over all those who search their souls and find there the strength to perform wonderful things."

So conclusive is all the evidence that spiritually constructive thinking can determine the outcome of our lives that an intelligent person cannot wisely ignore this scientific law of living. First, get your life right in terms of God's laws. Be a dedicated person. Next, be sure your goals are spiritually sound. Then, think success, believe in success, visualise success and you will set in motion the powerful force of the realisable wish. When the mental picture or attitude is strongly enough held it actually seems to control conditions and circumstances.

An example is that famous story of a tense moment in a World Series baseball game some years ago between the New York Yankees and the Chicago White Sox. In the fifth innings the score stood 4 to 3 in favour of Chicago with Charlie Root on the mound for Chicago. At the plate stood the mightiest batsman of all time, Babe Ruth. But the pitcher did not fear him, for Ruth had hit a home run in the first innings and surely that was the only home run he had in his system for that day.

The pitcher put the ball straight across the plate. Babe Ruth held up one finger in derision. Straight as an arrow the second ball came whizzing across. Ruth held up two fingers of derision. Pandemonium reigned. Was it possible that, like the mighty Casey, he would strike out in this crisis? Then Ruth did a strange and almost contemptuous thing. He

raised his finger and pointed straight across the fence to where he proposed to hit the ball.

The pitcher went into his wind-up and sent the ball once again whistling straight across the plate. There was a sharp crack and in a beautiful arc the ball sailed straight and true just where Ruth had pointed over the fence. It was an electric moment, an unforgettable episode in the history of American sport.

After the game somebody asked Babe Ruth, "But suppose you had missed that final strike?" A look of genuine surprise overcame the Babe's face. "Why," he said, "I never even thought of such a thing." Which may be precisely the reason he did not miss the ball.

This illustrates a profound law; namely, that when you take into your mind the thought of impossibility, you tend to create the conditions of impossibility. Prior to the formation of such a negative thought your entire being, body, mind, and spirit, works as a unity in perfect harmony. The powerful positive forces of the universe are flowing through your personality. But when you change the cast and slant of your mind so that you hold the idea of the impossible, you tend to block off in yourself the continued flow of co-ordinated power.

As a result the fine balance of personality is lost. You become rigid and tightened up. The easy flow of harmonious power is interfered with. In the case of a baseball player his all important timing is affected just enough to make that fraction of a difference whereby the bat will pass over or below the ball rather than meet it squarely. Similarly, in your life skill will be lacking when the doubt idea becomes uppermost.

I am not sure that positive thinking extends to fishing, but I witnessed what seemed a demonstration. I went fishing one day, in the inland waterways at Sea Island, Georgia, with two men and my daughter Elizabeth, then about eleven