



Thoughts Are Things

Ernest Holmes

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Discover the Life-Changing Power of Thinking in Creative and Self-Affirming Ways

The authors of this Science of Mind classic sum up its contents as "the things in your life and the thoughts that are behind them." You will discover that the key to living a life of inner peace, contentment and fulfillment is to think in creative, positive, self-affirming ways. For, in the words of the authors, "Every thought has a consequence. And every experience has a causative thought behind it. Thoughts are things, and all things in one's life have a thought that precedes them." You will learn that if you change the content and tone of the thoughts behind the things in your life, you will permanently transform yourself and your life for the better.

Thoughts Are Things is divided into four parts: "The World Around You," "The Life You Live," "Your Mental and Spiritual Health" and "The Future Is Yours." Each of these parts is further broken down to describe everyday challenges and offer practical solutions to them. The pages describing the challenges will help you see that everyone faces difficult predicaments—both small and large—at one time or another. From the writings of Ernest Holmes, the pages outlining the solutions to these challenges present practical and inspiring means to triumph over difficulties and emerge stronger and wiser.

If you are ready to permanently improve your life by changing your thought patterns, this is the book that can help you do it. Learn how changing the things behind your thoughts can make *your* life more fulfilling today!

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