

The Untroubled Mind

Herbert J. Hall

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A very wise physician has said that "every illness has two parts --- what it is, and what the patient thinks about it." What the patient thinks about it is often more important and more troublesome than the real disease. What the patient thinks of life, what life means to him is also of great importance and may be the bar that shuts out all real health and happiness. The following pages are devoted to certain ideals of life which I would like to give to my patients, the long-time patients who have especially fallen to my lot.
(Summary by Herbert J Hall – from the Preface)

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