

The Untroubled Mind

Herbert J. Hall

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home page: <http://www.aczoom.com/tools/cdinsert/>

Instructions:

1. Cut out the cover insert, on page 1, around the outer perimeter. Do not cut along the center.
2. Fold the cover insert in half, with the text on the outside.
3. Insert the cover insert in the CD case cover.
4. Cut out the tray insert, on page 2, around the outer perimeter.
5. The right-most long narrow title "tab", on the tray insert, is for CD case with a transparent tray. Remove this "tab" if the CD case has an opaque tray.
6. Fold the left and right long narrow title "tabs" to a 90 degree angle, away from the main tray cover portion. If the right-most "tab" is retained for a transparent tray, fold that "tab" 90 degrees again, away from the title "tab" next to it. The text should appear around the exterior of the folded cover, not the interior.
7. Remove the tray from the case.
8. Place the tray insert in the case.
9. Insert the tray, being careful that the title tabs are flat against the case.
10. Please appropriately discard this portion and the scrap bits of paper.

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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)

Source.....: LibriVox, <http://www.librivox.org>

Author.....: Herbert J. Hall

Run time.: 01:45:15

Chapters.: 12

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