

**"AS YE WILL"; A TEXT
BOOK ON
PSYCHOTHERAPEUTICS**

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"As Ye Will"; A Text Book on Psychotherapeutics by Sheldon Leavitt

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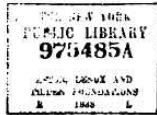
BY

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Treatment of Disease;" "Paths to the Heights;" "Essentials
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PART ONE.

THE ELEMENTS OF SUCCESS

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**"I touched the garment-hem of truth,
Yet saw not all its splendor."**

Preface

In assembling material for this volume I have included considerable matter originally embraced in "Psycho-Therapy," which, after passing through two editions, is now out of print. At the same time, this volume is sufficiently unlike "Psycho-Therapy" to warrant its presentation as an entirely new work.

The purpose which herein finds expression is not only to elaborate a system of definite instruction in the Fundamentals of psychic Self-help, but also to qualify those who make the book "the man of their counsel" to become Healers of others.

To many I am sure it will also become a Finger-board to general Success and an inspiration to Noble Living.

SHELDON LEAVITT.



Insist on yourself : never imitate.
— Emerson,

THE ELEMENTS OF SUCCESS.

WILL AS THE PSYCHIC FACTOR.

From both a theoretical and clinical study of the subject, I have been led to believe that success in any line of human endeavor is dependent upon two cardinal mental and spiritual elements, namely, Desire and Faith.

Let us analyze these.

Desire.

We cannot expect to get what we do not desire, and what we do not believe can be had. The desire must be intense. The wise sub-consciousness does not respond to anything less ardent. It has to be a desire that takes hold of us with vigor, and represents the earnest, honest impulse of our being. This is a place where strong feeling is of service. If there is a sense of distress for the lack of the thing desired; if there is true yearning of soul, moving one to reach out strongly for what is craved, then, and only then, is this essential of success fully met. We have all seen many who appeared to have no such desire for health, and hence have continued in their distress.

Faith.

On the side of the other element, faith, it is not enough to say, "Show me results and I will accept them." One without faith can do that. It is easy enough to believe a thing when it has been demonstrated to our senses; but it is not so