



Power of Mastery of Self or Poise

d Starke



Excerpts from the preface: All efforts directed toward the correcting of temperamental or mental blemishes or defects and nervous conditions are of benefit to humanity. In producing this book the Authors purpose was to help the readers to overcome these weaknesses, which are a serious impediment to mental development, and hinder personal advancement and general progress. The aim of the Publishers in issuing this translation is to put into the hands of those who wish to overcome their failings, become masters of themselves, and command the attention and respect of others, a work that has been thoroughly tested abroad and one that will be found of exceptional service in attaining the end in view-the securing of a perfect balance.

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