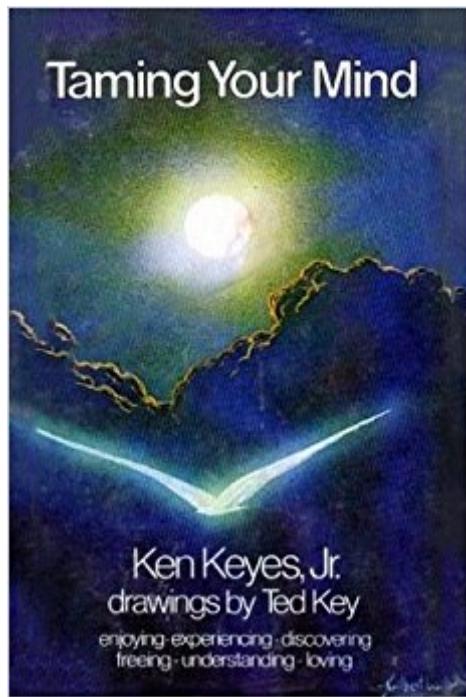


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# Taming Your Mind



## **Synopsis**

Book by Ken Keyes

## **Book Information**

Paperback: 250 pages

Publisher: Love Line Books; New edition edition (June 1975)

Language: English

ISBN-10: 0915972182

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (8 customer reviews)

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## **Customer Reviews**

This book is the same basic text as "How to Develop your Thinking Ability" by Ken Keyes. Either book is great information for anyone wanting a step method for thinking. I read this book over 25 years ago and still use many of the principles today. This would be a good book to teach as a complete course for high school students. Buy it and follow the recommended course of study. You can't go wrong.

This is the most important book I've ever read. Well, maybe that's a bit strong, but you get the idea. The "tool box" of suggested language habits will do what years of cognitive behavior therapy does, except by actually doing these suggested habits of speech, a person's stories AUTOMATICALLY change- for the better, without doing a whole lot of introspection. By DOING these habits of speech, to me, up to a point, as far as I know, to a degree, I could be wrong, more can be said, ETC, quotes, and indexing, - a person automatically begins to feel for the characteristics left out of their maps (stories). Once this becomes a habit one automatically begins to quickly update their maps to fit the territory that is so shocking. So rather than being shocked by being shocked one simply says, Oh... I hadn't included THAT in my maps. Perspectives are generally inherited, we owe them no loyalty, it's just a matter of updating MAPS to more adequately represent the territory. By taking on these language habits one's self image is not so threatened when one becomes shocked by something

they hadn't expected, hadn't included in their maps. By not being threatened or rigid, new information can get past the organic guarding of one's homeostasis of 'self'. Or, at least that's my limited map today of what this book is about.

This Book has been a good sequel (in my chronological timing, not that of its individual printing and publishing) to the "Handbook to Higher Consciousness". It gives great situational advice and when to take the focus off of your perceived reality and put it back into your focusing on how you perceive. Great read

As described a re write of an earlier book about thinking using principles of general semantics but does honestly reveal his experiences using the principles as to their "workability still one of the best primers in general semantics. Drive yourself sane is most comprehensive book with very sensible and sane language.

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