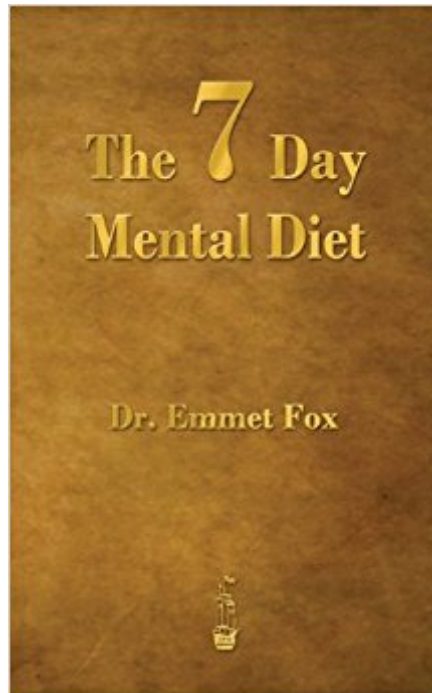




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# The Seven Day Mental Diet: How To Change Your Life In A Week



## Synopsis

An unabridged, unaltered edition of The Seven Day Mental Diet -

## Book Information

Paperback: 24 pages

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## Customer Reviews

Emmet Fox, who lived from 1886 to 1951, was born in Ireland. His father was a member of parliament, and Mr. Fox studied electrical engineering in England. In his early adulthood, Emmet Fox became interested in spirituality. Around 1930, he moved to the United States, and soon thereafter began lecturing on spiritual themes in New York City. Emmet Fox is the author of the famous Sermon on the Mount and many other books on spirituality. He is credited with serving as a major inspiration for the founders of Alcoholics Anonymous (AA). His writings are often classified as "New Thought." --This text refers to an alternate Paperback edition.

This book is another example of the clear spiritual perspective of Emmet Fox. His work echoes to a great degree the clear view and spiritual teaching found in Mary Baker Eddy's writings. Her Bible companion textbook Science and Health with Key to the Scriptures reveals how Jesus healed and uplifted mankind. Fox's writings are true to those same metaphysical principles. Great book here and highly recommended.

Tony Robbins said he read this and I couldn't resist to purchase right away. What a great little read to help ease the mind. This book is a guideline to eliminating negative thoughts we tend to harp on. Emmet Fox explains how hard it is when you're actually practicing it, and he explains how annoying

it is and that you more than likely will have to start over. Trying to actually do it is hard and annoying just as he says but once you can master it for seven straight days, it's a true accomplishment. Everyone should read this book, great reminder that when we think more positively, we see everything in a more positive light.

This book should be presented to every child, college student and adult. This book is an oldie that has inspired great self help authors and coaches such as Tony Robbins to use this wisdom to help others.

My first read of Emmet Fox, I am now going to invest some more time with him (read his work). Finished in one sitting, waiting for something to finish running)... Time well spent. Some truths are just that, truths. When you meet them in a book like this, you muse, "of course, of course. It is so." However it is good to get a guided and condensed line of thought persisted in pages like these. I recommend this book for anyone who wishes to understand themselves as one with the One God.

This book is amazing easy read and quick. It truly helps me pray differently and I finally forgive from my deepest part of my heart all who have trespassed me. Thank you!!!

This diet would be the absolute most difficult one ever for any person to do. We are not even taught the how-to's in families, schools, or where we may attend religious services. Quite the challenge. It does leave you with a lot of good thought when things arise.

Sometimes we think prayers go unanswered, this book teaches us HOW TO PRAY. Believing is creating and manifesting the life we deserve. Prayer is a powerful instrument, we must learn HOW TO PRAY, to obtain the results needed. Thank you Emmet Fox for sharing so much light!!!

Really too early to tell...But, the initial truth of contacting the Kingdom through the soul that resides in self is very good. This makes God easier to find....

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