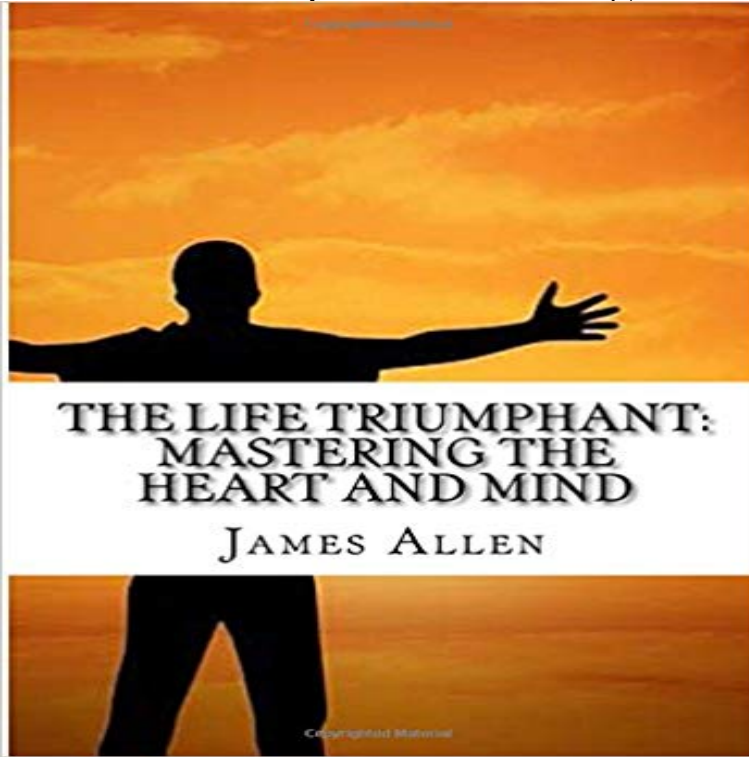


# The Life Triumphant: Mastering the Heart and Mind



James Allen (28 November 1864 – 24 January 1912) was a British philosophical writer known for his inspirational books and poetry and as a pioneer of the self-help movement. His best known work, *As a Man Thinketh*, has been mass-produced since its publication in 1903. It has been a source of inspiration to motivational and self-help authors. EVERY BEING LIVES in his own mental world. His joys and sorrows are the creations of his own mind, and are dependent upon the mind for their existence. In the midst of the world, darkened with many sins and sorrows, in which the majority live, there abides another world, lighted up with shining virtues and unpolluted joy, in which the perfect ones live. This world can be found and entered, and the way to it is by self-control and moral excellence. It is the world of the perfect life, and it rightly belongs to man, who is not complete until crowned with perfection. The perfect life is not the faraway, impossible thing that men who are in darkness imagine it to be; it is supremely possible, and very near and real. Man remains a craving, weeping, sinning, repenting creature just so long as he wills to do so by clinging to those weak conditions. But when he wills to shake off his dark dreams and to rise, he arises and achieves.

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