

THE "NEW SELF-HELP" SERIES

HOW TO ACQUIRE AND STRENGTHEN
WILL-POWER

H 32
HOW TO ACQUIRE AND STRENGTHEN

032
WILL-POWER

MODERN PSYCHO-THERAPY

A SPECIFIC REMEDY FOR NEURASTHENIA AND
NERVOUS DISEASES

A RATIONAL COURSE OF TRAINING OF VOLITION
AND DEVELOPMENT OF ENERGY AFTER
THE METHODS OF
THE NANCY SCHOOL:

(AS REPRESENTED BY
DRS. RIBOT, LIÉBEAULT, LIÉGEOIS, BERNHEIM,
DE LAGRAVE, PAUL-EMILE LÉVY,
AND OTHER EMINENT PHYSICIANS.)

BY
RICHARD J. EBBARD

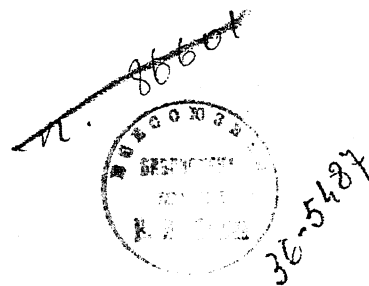
FIFTH EDITION,
REVISED BY F. W. VOGT AND J. E. NEWTON

London
THE MODERN MEDICAL PUBLISHING COMPANY
57 AND 58, CHANCERY LANE, W.C.

1903

0176

M₃4228



Entered at Stationers' Hall.
[Copyright, and all rights reserved.]

CONTENTS

PREFACE	PAGE ix
-------------------	------------

PART I

The Theory of Suggestion

CHAPTER I

CONSCIOUS SUGGESTION	3
--------------------------------	---

CHAPTER II

GENERAL MECHANISM OF SUGGESTION	7
---	---

CHAPTER III

THE MECHANISM OF SUGGESTION IN ITS RELATION TO OUR ACTIONS	25
---	----

CHAPTER IV

THE ELEMENTAL IMPULSES OF THE WILL (INSTINCTS OR CRAVINGS)	38
--	----

CHAPTER V

THE DOMINANTS OF OUR ACTIONS	44
--	----

PART II

The Practical Application of Suggestion to Neurasthenia

A--DIET FOR NEURASTHENIA

CHAPTER I

TONIC HERB-TEA	57
--------------------------	----

— vi —

CHAPTER II

DIETETIC RULES FOR NEURASTHENICS	PAGE 63
--	------------

B—THE APPLICATION OF CONSCIOUS SUGGESTION (IN THE WAKEFUL STATE)

CHAPTER I

THE PSYCHICAL INCITING OR ACTUATING CENTRES	74
---	----

CHAPTER II

DEMONSTRATION BY LIÉBEAULT OF THE INFLUENCES EXERCISED BY OUR PSYCHO-INTELLECTUAL STATE UPON THE FUNCTIONS OF THE BODY	79
--	----

CHAPTER III

GENERAL TACTICS OF SUGGESTION	89
---	----

CHAPTER IV

DR. LÉVY'S TACTICS OF "CONSCIOUS" SUGGESTION :—

<i>a.</i> Extraneous Suggestion and Self-Suggestion	98
<i>b.</i> The Stage of Quiescence	102
<i>c.</i> Emotive Re-enforcement of Suggestion	106
<i>d.</i> Active Re-enforcement of Suggestion	111
<i>e.</i> Anticipatory or Pre-Suggestion	119

C—FORMULÆ OF SUGGESTION	123
-----------------------------------	-----

USE OF FORMULÆ OF SUGGESTION	130
--	-----

FORMULÆ OF SUGGESTION :—

Table

I For Insomnia	133
II „ Nightmare or Exciting Dreams	137
III „ Drowsiness and Late Rising	140
IV „ Breathing through the Mouth and Snoring	146
V „ Loss of Appetite	151