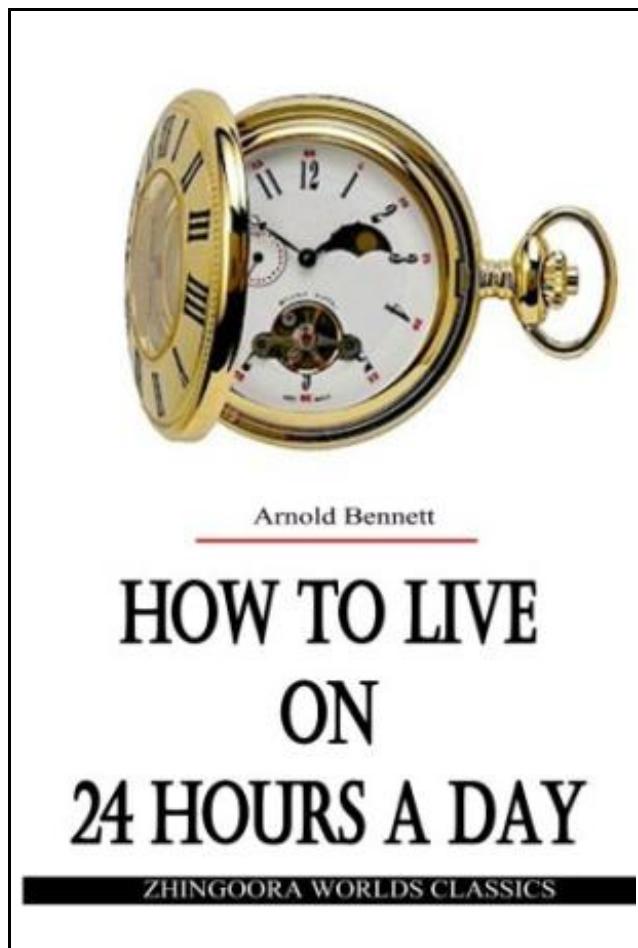


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Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.About Author Enoch Arnold Bennett was born on 27 May 1867 and died on 27 March 1931. He was an English novelist. Book Excerpt: Rise an hour, an hour and a half, or even two hours earlier; and-if you must-retire earlier when you can. In the matter of exceeding programmes, you will accomplish as much in one morning hour as in two evening hours. But, you say, I couldn t begin without some food, and servants. Surely, my dear sir, in an age when an excellent spirit-lamp (including a saucepan) can be bought for less than a shilling, you are not going to allow your highest welfare to depend upon the precarious immediate co-operation of a fellow creature! Instruct the fellow creature, whoever she may be, at night. Tell her to put a tray in a suitable position over night. On that tray two biscuits, a cup and saucer, a box of matches and a spirit-lamp; on the lamp, the saucepan; on the saucepan, the lid-but turned the wrong way up; on the reversed lid, the small teapot, Book Content: PREFACE I THE DAILY MIRACLE II THE DESIRE TO EXCEED ONE S PROGRAMME III PRECAUTIONS BEFORE BEGINNING IV THE CAUSE OF THE TROUBLE V TENNIS AND THE IMMORTAL SOUL VI REMEMBER HUMAN NATURE VII CONTROLLING THE MIND VIII THE REFLECTIVE MOOD IX INTEREST IN THE ARTS X NOTHING IN LIFE IS HUMDRUM XI SERIOUS READING XII DANGERS TO AVOID.

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