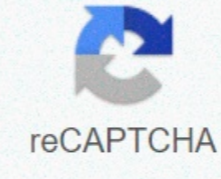




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A guide to confident living

Norman Vincent Peale was born in Bowersville, Ohio on May 31, 1898. He received his degree from Ohio Wesleyan University and Boston University Theology School. He was orthodox in 1922 and served as a pastor in a variety of churches in the eastern United States over the next decade. In 1932, he joined the Dutch Reformed Church and became pastor of marble collegiate church, a position he would hold for more than 50 years. Throughout his life, he has written 46 books including *The Art of Living*, *You Can Win*, *A Guide for Confident Living*, *The Power of Positive Thinking*, and *This Incredible Century*. In addition to writing, he gave lectures on both television and radio and published *Guideposts*, a weekly newsletter. He received freedom foundation awards in 1952 and 1955 and the Horatio Alger Prize in 1952. For his contributions to the field of theology, President Ronald Reagan awarded Peale the Presidential Medal of Freedom on March 26, 1984. He died of a stroke on 24 December 1993 at the age of 95.

Show 1-30 Start your review of A Guide to Confident Living November 10, 2011 Linda rated it as amazing I guess Norman Vincent Peale is outdated in this world now, but I think his ideas can definitely help people live their lives happier. Simplicity, love, and trust in God, changing patterns of thought. The world would be a much better place if everyone believed and practiced the guidelines shown here. On January 9, 2016 Sandeep rated it as like it Rating 3.5/5Author made efforts to make valuable suggestions to combat various situations one might encounter in a lifetime, to wade through them. There are few catches though.- First, You have to put in the effort to practice what's in the book.- Secondly, each person can react to a different situation, therefore, what the author mentions in the book may hold the relation to some people while some people may generate their own inner energy out of the absolute experience spared Assessment 3.5/5Author has endeavored to put together valuable parts of the proposal to access various situations that one may encounter in a lifetime, to wade through them. There are few catches though.- First, You have to put in an effort to practice what's in the book.- Secondly, each person can react to a different situation, so what the author mentions in the book can keep the interest in some people while some people can generate their own inner energy out of the absolute experience that they don't need to get confidence, comfort from the texts or materials mentioned in the book. I can find it hard to remember and recall all the case examples mentioned in the book, but most of them I can relate to. I want to review individual chapters that may be at a later stage, as long as I don't find my inner strength or energy. Until then, Cheers, PS- This is my second attempt this book. ... more Aug 09, 2020 Vishnu Baher rated it really liked it A guide to Confident Living by Dr. Peale is a self-help book which contains rules and ways to boost your confidence and contentment written in the 1920s (The Roaring Twenties of America, the best time in American history). Peale was a believer and his most work revolves around Christianity so does this book. I really like the way Peale uses the word God (Christian scholars criticize him because his means of belief are different than hardcore religious leaders), he constantly pinches God as Bel A's inner guide to Dr. Dr.'s confident living. Peale is a self-help book that contains the rules and ways to boost the confidence and contentment you wrote in the 1920s (The Roaring Twenties of America, the best time in American history), Peale is a believer and his most work revolves around Christianity so does this book. I really like the way Peale uses the word God (Christian scholars criticize him because his means of belief are different than hardcore religious leaders), he constantly pinches God's beliefs inside or PowersA score to know about what this book is all about:-How to free up your inner powers Speak out your troublesHow to deal with the complexity of inferiority. What I don't like:-This book is a plan for people of that era so won't work fully for you, yes you may have some ideas but in the 1920s or 2020s things changed over time. This is a heavy book as you have to note, hard to remember everything. People may not react the way the author thinks because things change over time. It's all on my side if you wish I could write a detailed blog or short crips learn from this book. If you want, please let me know I want to do it. ©Recommendations:-If you want to read some tutorials or self-help you can go for this one but I like you choose *The Power of Positive Thinking@lets-have-book* ... more than August 20, 2017 Antonella rated it as ok - a review of an edition I've always heard of Norman Vincent Peale and his 'positive thoughts' but I didn't realize that he was a minister. This book is a rehashing of common sense rules stuffed in a very Christian package. Lots of quotes, not just from the Bible, and anecdote reces. January 12, 2019 Sunil reviews it really likes it Overall 4 ⭐ The book contains repetitive things but it's the only way to sharply increase trust and belief in GOD September 18, 2018 A. Burgess reviews it amazing I love everything I've read from Norman Vincent Peale. Very inspiring and foundational. He put in place a positive and strengthening method your news. On August 4, 2009 David Gilley judged it to be amazing that we can walk through this life with confidence and make sure that God is with us and has built on us the ability to draw and inland strength that will make us look at our problems in a positive way that is the first step in getting on On Problem. I can't remember clearly what I've read in this book since I read this in the late 90s. As far as I remember, it's like *Readers Digest*. I remember 1 lesson and that was: At the center of the tornado / tornado tore up the sky and everything on its way was a central calm place. Tiff rated it as excellent June 28, 2013 Anjie rated it dislike it February 1, 2015 Suhais reviews it likes it June 16, 2019 Parth rated it amazing December 18, 2014 Susan reviews it likes it Day 18 August 31, 2010 Nese Elyson reviews it really likes it February 7, 2016 Johnny rated it amazing March 20, 2016 18 Salina reviews it really likes it 2017 Erika rated it amazing January 31, 2017 Osama rated it really like it November 2, 2013 Tammy rated it amazing May 25, 2019 Allen Thomas rated it amazing January 21, 2017 Considerable time, the author had the opportunity to work with the large number of people facing modern problems in the heart of America He conducted a counseling service in Marble Collegiate Church on Fifth Avenue, New York, which hundreds of people each year come for help and guidance. The staff includes ministers, psychiatrists, doctors and social psychiatrists. The author has developed a specific technique designed to lead people to personal happiness and success. This method has worked for many who have put it into practice. Its effectiveness has been amply proven; it has been tested and found satisfactorily by hundreds of people. It has produced great results in many people's personal experiences. It has really proven a guide to living confidently. However, the principles of happiness and success presented in this book are not new. They are not created by the author but are as old as the Bible. In fact, they are simple principles taught in the Bible. If this technique possesses any uniqueness, it lies in the effort to show HOW to use these principles in a practical and knowledgeable way that suits modern men. The book seems repetitive at times. That's because it's a text book of a recipe. It hammers on a basic and repetitive procedure that is the master of research, as classical speaking goes. Reiterating is essential in persuading the reader to practice; to try and try again. If the water carries away a stone, so do not insist, even if there is a risk of repetition, wear away our indifference to self-betterment. This book is not theoretical. It contains detailed descriptions of a living technique that can lead people who are sure to put it into operation for success and happiness. The book was written with a Main purpose: to state and demonstrate a simple, workable technique of thinking and action that has re-re alive thousands of modern people. The key substance in the book is how-ness. It shows how you can achieve your most cherished desire. You, the book presents in simple outlines the recipes that make life work successfully. Each chapter refers to one aspect of the book's unified theme, namely, HOW... to be happy and successful. The experimental method is applied to a number of basic causes of unhappiness and failure: stress, fear, inferiority, wrong thoughts, and other mental disabilities. Not every element of successful and happy life is discussed, as it is unnecessary or unnecessary. The formula is applied to all elements, however, to teach the reader how to use techniques that are applied to all situations. This method is fully developed to show the reader what he wants to know - how to be happy and successful. This book is provided as a guide to living confidently. Norman Vincent Peale CHAPTER ONE A New-Old Way to Free Your Powers A young and highly trained doctor who sometimes writes a prescription seems curious for those affected with the illnesses described in this book: fear, inferiority, stress and kindred troubles. His prescription is- Go to church at least once every Sunday for the next three months. To the surprised and mysterious patient with whom he gave this incredible prescription, he explained that in a church there is a mood and atmosphere that contains healing powers that will help cure him of the troubles I just mentioned. He added that he was not particularly concerned about whether patients would listen to lectures. Church travel is valuable if a person just sits quietly, surrendering himself to the mood and atmosphere of the church. This modern doctor reports that great benefits have come to his patients as a result of this practice. A woman, a longtime friend of the doctor's family, is the kind of patient who goes from doctor to doctor, never paying attention, never put into practice the advice received. Eventually she went to this doctor and he said frankly to her, I don't want your case. When she asked him why, he replied, Simply because you wouldn't do what I told you. She pleaded and pleaded and promised faithfully that she would follow his desiginity, but he remained disappointed. In a final plea, she said, I have money to pay for your services and how can you be a doctor who rejects my case? So he agreed to one condition: she must do exactly as he stipulates without argument and with full cooperation. He even made her sign a paper to that effect. The reason she is in such a nervous condition is because her sister is married to the man she wants to marry and she hates her sister. Her entire personality was simmering and the hate poisons made her so worried that her entire system countered and she has real symptoms of illness. The doctor gave her some medicine because he knew that's what she wanted- the first day pink, the white pill on the second day. Finally one day the doctor wrote the prescription described above. When she at that surprise overspread her face and snapped her, it was the silliest thing I've ever heard of. I wouldn't do that. What are you anyway, a doctor or a preacher? The doctor took out the paper she signed and said, You have to do it or I passed with your case. Reluctantly she followed the instructions. Some time passes before any benefit is clear because of the antagonist in her mind, but now even she begins to cede the healing atmosphere and healing mood present in a worship service. The day before her surprise and despite her objections, she found herself interested in the sermon. She watched it deeply, discovering her surprise that it was common sense. It appeals to her a lot. Her interest increased, she became docile with the ministrations of doctors and now, due to the wise combination of medical and religious practice, outrage has come out of her and health comes. So you see, my prescription worked, said the doctor. In this case, he also prescribed religious reading. Gradually the idea of Christianity as a technique and a scientific mechanism designed to overcome the problems that should be treated in this book begins to dominate her mind. Today this woman has a solid grip on life and is a good person, not only physically but emotionally and mentally, as it was in the later areas of her life that poison was created. Another doctor repeatedly sent patients to my church. These people are not physically ill but full of fear, anxiety and stress, guilt, inferiority and resentment that, like the woman described above, they are called sickness. He sent a man who had not been to church for years and when the doctor told the man to go to church, the patient resisted, saying, I hated the sermon. Go to church any more anyway, the doctor says, and don't listen to the sermon. Grab the same cotton if you want and put it in your ear when the sermon begins. But there's one thing I want you to do. In that church every Sunday morning and evening they have a quiet time, which they call a 'period of creative silence.' Ministers will suggest that you surrender yourself to this quiet and open your mind to recreating God's power that has the power to seep into the soul, bring benign influence and healing. The minister will be absolutely correct to say that and it will be a much better drug than anything I can give you. That's the only way I know from your difficulties. He therefore is the drug that I prescribe for your condition. This man followed instructions and the doctor reported that he was now also listening to the sermon. In fact, he found himself strongly interested in the church. He never dreamed it would make a resistance for him. A certain change for the better is to start passing him. By giving these patients advice to to the church, I am using a technique that works in many maladies. I have learned that in the treatment of a human being, we must consider the whole person and deal with him as something other than a mechanism or organism, for humans is more than a bunch of chemical reactions. I believe that, the doctor says, faith plus proper scientific correlation can do tremendous good. An explanation of the phenomena described by this doctor lies in the effectiveness of group therapy. Psychiatrists and psychologists not only use psychological counseling and treatment in working individually with individuals, but in certain cases they also use group therapy for several patients at the same time. In such cases, the advisor is working with people with a common background in personal counseling. Therefore, they are familiar with the usual procedures and know how to cooperate fully. In the case of a public worship service, the minister who during the week was a private adviser, tried to bring upon members of a large congregation the same technique to apply spiritual power, except he now uses group therapy. His church consisted of many kinds. Some are present because they recognize their need for help. Others need help but are not conscious of it. There are still others present merely out of habit. Others may be present because they unconsciously seek some satisfying answers to the vague dissatisfaction of their minds. In a large congregation, while there is a vast diversification of interest, it is also true that there are only a few basic human issues. It must also be taken into consideration that people are people regardless of who they are or what their origins may be. There are some profound universal appeals to human interests and human nature that are always met. There is no force equal to religion in its ability to touch and to meet basic needs. For this reason, individual religious advisors and religious athletes of the therapy group have an opportunity enjoyed by no other scientist in this field to achieve deplus of human nature and thus bring healing power, peace and power. Can I outline my own practice? The theories mentioned above began to develop in my mind a few years ago as the death toll for whom I had private counseling increased. I came to the office of a Fifth Avenue church at the low point of the crisis, back in 1932. New York City, as the nation's financial center, was deeply affected by depression and I soon became aware of fear, anxiety, insecurity, frustration, frustration, and failure everywhere at hand. I began to preach on these topics and emphasized faith in God that could give courage and how wisdom along with new insights on solutions to problems. Advertising such topics in the press has brought large congregations to hear the Soon my schedule of personal interviews was more than I could have handled and the long waiting list grew. Recognizing my lack of professional knowledge, I turned to a highly competent psychiatrist, Dr Smiley Blanton, for help and thus started counseling clinics in the church. Soon I began to notice in the congregation scores of people I had personally counseled. It was then that thoughts came taken over from the interview room to a large congregation of the same mental therapy techniques we used in personal counseling. One technique used in public worship services has produced great results as quiet periods directed. Attending Quaker meetings has taught me the value of creative silence. In meetings with friends, I derived major personal interests such as stress reduction, strength over fear and mental clarification that helped me in one or two cases to the most incredible solution of the problem. These friends, of course, have the advantage of years of long training in the silent meditation tradition. We in churches often have never developed expertise in using quietness in worship. Protestants as a rule do not practice quiet completely but certainly have a background of music. I started to interject completely silent but did it gradually and only occasionally; it proved so effective that now if I ignored it for a service many would definitely object to. The technique we used was described in a book by the Marble Collegiate Church Sermon Publishing Committee: Images of the church overrun by a large congregation numbering more than 2000 people. Sunlight is shining on large windows, illuminating the sanctuary and falling gently on the crowd of worship. The church interior is a combination of soft yellow and red, with red brocade cushions and backs located in mahogany and white colonial pews. Around three large balcony sides swings. The front of the church is not in the form of an altar, but a small foundation on which are placed three large, formal chairs, against the backdrop of rich red velvet. On the left side of the pulpit is a beautiful lecturn on which the Bible is based on the great pulpit. Towering above and behind the backdrop is a great nave that performs gold decorations. The choir sits here. Dr. Peale sits in a large central chair, his collaborators on either side. After reading the Bible, a deep silence subsided on the congregation. Dr. Peale arises, stepping forward of the foundation and there is nothing between himself and the society he says somewhat as follows: We came here this morning because God is in this place and we want to contact Him. This greatest of all possible experiences for humans is best done through silence. It is possible for The Church to now establish such a close contact with God that he will be recreated. Remember the words of the Bible, 'In Him, we live, and get ours.' As long as we are in Him, we are in the flow of God's power and strength. Peace and power are ours. But sadly we become detached from this flow. We do not live 'in Him' and thus accumulate fear, anxiety, negative thoughts—everything that causes failure. Therefore, let's practice now an absolute moment of silence. I suggest that you allow your body to assume a comfortable position so that the stress can come out of you. Maybe you might want to close your eyes to shut the world down. In this moment of silence, one thing you don't have to do is think about yourself or any of your problems. Instead, think of God for a minute and visualize Him as it now reproduces you. Let us retire at an important and vibrant period of creative meditation. So say, a deep silence falls on the assembly. If there is any cough to this point, it ceases. The only sound you can hear is the swish of car tires on the outer Avenue and even seems far away. It is not a dead silence, for it there is aliveness and

vividness in the air. There is always the spirit of expectation that something great is about to happen. Sometimes this silence only lasts for sixty seconds. Sometimes longer, but people become lost in silence. It is as if God, Himself, touched their minds with peace. Present in a very quiet voice, Dr. Peale breaks the silence by saying: Come to me, all ye that labor and heavy laden, and I will give you rest. And he also adds, Tho you will keep him in perfect peace, whose mind is to stay above you. He emphasized the later verse, emphasizing that in quiet times, the minds of worshippers were fixed not based on their troubles but on God. And because of the firm correction of their minds on Eternal, God sent his peace to them during that period of silence. Scores of people report that the most amazing benefits happened to them during this quiet period. Strangely enough, it is not as you might expect, the woman who seems to appreciate this stage of quietness, but today's tough business man expresses himself as enthusiastically as the benefits he receives. Perhaps this partly at least accounts for the fact that the congregation in marble collegiate Church is more than fifty percent man. I believe in the vibrant silence and healing that falls on a large congregation when the proposal is emphasized and accepted that is Eresent and that Jesus Christ walked the aisles to touch man, the actual power being released. We know that the universe is full of power, that the air itself is charged by it. Only a short time ago we discovered atomic energy. Other forms of energy that will then be could be even bigger. Then can't we assume that in this dynamic universe there are mental forces all about us ready to play upon us and recreate us? The New Testament certainly assures us that spiritual power is a reality. Christianity is more than just a promise of power. That's the power of itself. The New Testament claims, as much as has received him, for they have given him power. Again it says, Ye will receive power, after the Holy Spirit comes upon you. All of that means that when an individual conditions his mind to the infinite spirit of power that fills the universe, it will fill him as well. The New Testament tells us that Christianity is life, not a way of life, but life itself. That's the nature of life. It's vitality and vivid energy. Therefore, Christianity is more than just a creed or an idea. It's a throbbing, battering, vibrant, creative energy even in a way like sunlight is energy, just infinitely more so. It is a profound therapy that can drive to the heart of a personality or of society (which is a fulness of individual personality) in breaking down infection centers, building life centers, transforming, endemining with new energy—in a word Renewable. In him is life; and life is the light of man. In him, it is in Christ, is life (vitality). In him is this creative energy and creative energy is the tremendous dynamic power of his own life. We did not realize half the tremendous power we could communicate with while in the church. But as we drive deep into Christianity, as in a worship service as described, and gradually bring the atmosphere, we become comfortable in body, mind and spirit. The hymn, the choir music, the reading from the Bible, the quiet mood, unhurried all conspired to reconcile the mind for the period of silence. When by a conscious act of a consciousness will turn his mind to God, correct his thoughts upon the sacred source of power and energy; Then in a way as if he had turned on a switch and electrical contact was made, mental power began to come at him. I call attention to a network of wires that draw electrical energy out of space. This power illuminates the church. It operates pipeline bodies. It controls the heating controller. By means of thermal control of this power, the heat flow comes and goes as needed. Electrical energy operates a loudspeaker system to perform auditorium overflow services in the same building. The whole structure is a network of wires that form in themselves the means by which the current flows. Not a reasonable assumption that such a building where many minds are united is concentrated the same goal is also a much larger electricity reception center than electricity? Two thousand spiritual and spiritual beards draw spiritual strength for this congregation and this power enters the minds, bodies and souls of those who Become at peace with this mysterious but real force. Another central element of Christianity used in spiritual therapy is the thought of light. It is interesting to observe regular references to light in the New Testament. It usually involves new life. Men have discovered the unusual healing properties of light in healing. Touch a wire containing two hundred volts and get a shock. Touching a rope on it is going through twenty-five thousand volts and you will be electrocuted, but make contact with a million volts and instead of destroying you, touch will build up your body cells. Under the infrared light for two minutes, you can get as much therapeutic benefits as by exposing yourself for an hour to direct sunlight, as the dust in the atmosphere weakens the value of sunlight. Therefore, light is used in healing. Judging by its healing effects, Christianity possesses the same quality. The Bible tells us that in Jesus Christ life and life are human light that can heal and transform them so that they themselves are filled with new and renewable lives. In applying group therapy in public worship services, many individuals are exposed to creative light energy in a spiritual sense. I want to always be on the side of common sense and reality. A crank is disgusting to me. I believe there has always been real and completely scientific and reasonable faith in religion and practice. This does not mean that, however, one must be bound by material science. Christianity, as will constantly be pointed out in this book, is itself a science. I believe positively, so that if a man is going to go to church and attune himself into the mood and atmosphere and if there is only a minute of silence, he will switch from negative and destructive thoughts that provoke his mind and, if really comfortable in the body and in the soul, he will affirm faith in God, so that he will open himself up to the renewable power that flows constantly through the universe. After such a service, I received a letter from a very intelligent and intelligent woman: I want to tell you what your services mean to me. It was an inspiration to attend a ceremony in marble church and I felt that those were the services that I owed to the fact that I am healthy now. For five years I had attacks of insomnia and nervous breakdown. Last fall I returned to my position after being ill all summer. In despair I thought I would try to work again. After six weeks of each

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