



Alter Your Life

By Emmet Fox

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Alter Your Life By Emmet Fox

A rousing action program for overcoming adversity and taking charge of life -- by one of our century's greatest mystics.

For unhappiness, frustration, loneliness, and other afflictions of the spirit, Dr. Emmet Fox prescribes a powerful remedy based on the life and message of Jesus. *In Alter Your Life*, Fox explains that these "dreary" problems are actually bad habits of mind -- habits from which we can free ourselves.

"There is no necessity for anything but success, good health, prosperity, and an abounding interest and joy in life," Fox writes

Through a series of brief meditations, Fox shows us how to exchange our bad habits of mind for the healthy ones demonstrated by Jesus. Based upon biblical texts, *Alter Your Life* offers a progressive, life-changing course designed for all readers, whether or not they have read a religious book before.

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Alter Your Life By Emmet Fox Bibliography

- Sales Rank: #628105 in eBooks
- Published on: 2010-06-18
- Released on: 2010-07-06
- Format: Kindle eBook

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Editorial Review

About the Author

Emmet Fox (1886-1951) was one of the most influential spiritual leaders of the twentieth century and a pioneer of the New Thought movement. His bold, dynamic message proclaiming that our thoughts shape our reality has changed the lives of millions across the world and influenced many key contemporary spiritual writers such as Wayne Dyer, Esther Hicks, and Louise Hay, all of whom have tapped into the power of positive thinking. Fox's other key works include *Power Through Constructive Thinking* and *Alter Your Life*.

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