



The Science of Being Well

Wallace D. Wattles

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Wallace D. Wattles was an American author and a pioneer in the New Thought Movement. His most famous book is *The Science of Getting Rich*, which continues to be immensely popular today. *The Science of Being Well* is a follow-up to that book. Wattles' approach to health is basically the same as his approach to prosperity. He suggests that the reader think and act in a "Certain Way," which he explains, and that thinking and acting in that way, along with a positive approach will "make it so." Wallace explains his fairly simple keys to getting well and suggests that with faith and discipline one can stay well once health has been achieved. To quote the author, this book is, "For those who want health, and who want a practical guide and handbook, not a philosophical treatise. It is an instructor in the use of the universal Principle of Life, and my effort has been to explain the way in so plain and simple a fashion that the reader, though he may have given no previous study to New Thought or metaphysics, may readily follow it to perfect health."

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