



Life and Growth - Let Your Mind be a Force: (Original Version, Restored)

Earle Liederman

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"The seat of life has been a question for ages. It has been decided variously to be in our brain and nervous system, or our heart, or elsewhere in our chest, or in our spleen. There is no single habitat for 'life.' It is present in every part of the body, and in the minutest division of every part—except when, from some condition resulting from neglect, decay sets in. Even that is life in another form. Because life is throughout the body, in every cell, we have within ourselves the power to make not only our minds what we would have them be, but our physical bodies as well. We have the life force within us and the ability to direct that force to build our bodies very much as we choose, providing we direct it in a rational and wise manner. It has been my pleasure to instruct many thousands how to direct their life forces for the improvement and perfection of their bodies. If I had not directed them intelligently, rationally, the results would not have been so gratifying." - Earle Liederman Visit our website and see our many books at PhysicalCultureBooks.com

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