



Mastery of Self

Christian D. Larson

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One of the cornerstones of New Thought, the precursor to New Age thinking, is the marriage of mind and spirit, of science and religion. Another foundational block of the philosophy is the belief that each person is born with the full potential of transcending mundane existence and achieving spiritual enlightenment and communion with God. In *Mastery of Self*, Christian D. Larson gracefully guides the reader to a better understanding of these basic principles, and provides practical instruction on how to both open and rein in one's self, to ensure the individual continues moving ever forward and is building always toward the fulfillment of that potential, gaining a healthier, happier life along the way. American New Thought pioneer CHRISTIAN DAA LARSON (b. 1874) is the author of the well-known Optimist Creed and published several important works of spiritual science, including *Mastery of Self*, *In the Light of the Spirit*, and *The Great Within*.

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