



Believe in Yourself

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Dr Joseph Murphy was the author of The Power of your Subconscious Mind. In Believe in Yourself Dr. Murphy shows you how the power of believing in yourself will help you achieve your dreams. He illustrates his points with wonderful stories about how inventors, writers, artists, and entrepreneurs have used this power to reach the highest of heights. By the end of the book you will have the tools for success. There are many men who quietly use the abstract term success, over and over many times a day until they reach a conviction that success is theirs. As a man repeats the word success to himself with faith and conviction, his subconscious mind will accept it as true of himself, and he will be under subjective compulsion to succeed. - Joseph Murphy

Believe in Yourself Details

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♥ Ibrahim ♥ says

Joseph in the Bible means disciplined or controlled imagination and we are to be like Joseph in being able to dream. We should clothe our ideas and make them concrete. While the world says "It is impossible; it can't be done" the man of faith, the man with imagination says, "It *is* done". Through the imagination we penetrate the depth of reality. We want something? We have to picture it in our minds, the giant buildings, offices, factories, stores, etc. knowing how the subconscious mind works. We begin to attract to ourselves by a universal law of attraction the ideas, the personnel, friends, money, etc. It is easy to imagine myself successful as it is to imagine failure, and far more interesting. So where is my mind now? I have to be like Joseph, a dreamer of dreams, have visions, images, ideals in my mind, and know that there is Creative Power who responds to my mental pictures. Those images get developed in the lab of the subconscious. Therefore, I must charge my mental pictures with feeling in order to get results. While Joseph dreamed dreams, his brothers hated him. You might hear others telling you, "Forget it!" and so on. As you dream opposition sets in. So, I have to detach my attention from sense evidence and appearance of things and begin to think clearly and with interest about my goal. Here I am using the creative law of the mind and it will come to pass. And through my faculty to imagine the end result, I have control over any circumstance or condition. I have to constantly imagine the reality of my desire in order to bring about the realization of my wish, desire or idea. What I imagine as true already exists in the next dimension of mind, and if I remain faithful to my ideal, it will one day objectify itself. The master-architect within me, the Lord as Spirit, will project on the screen of visibility what I impress on my mind. Here we take faith into the level of operation. That is why I have to keep my imagination busy with noble, God-like concepts and ideas. That is called being ready, in season and out of season. What is my attitude like overall? My attitude is my mental reaction to people, circumstances, conditions, etc. Am I friendly? Or do I hold grudges against people of my past? Not inwardly reconciled yet? I am the master of my thought-world. Emotions follow thought. What am I letting into my mind? Negative feelings? Garbage from the Internet? I am the cause of my own mood and I create my emotional reaction. Do I think poorly of others who are different from me? Circumstances can affect me only as I permit them. Through discipline, directed and controlled imagination I can dominate and master my emotions and mental attitude in general. If I think "those people" are mean and dishonest, I have to just watch the emotion I am evoking within myself. Now let's reverse the situation and see how we can bring some sunshine into our lives and radiate joy to others. What kind of ideas do I have about God? Those ideas will determine my idea of life because God Almighty is Life. Is He a good God? or a task-master? or a slave-trader? an Allah with a bunch of slaves?

Komal Preet says

The best book on self help. Easy to read, grasp and relate.

Sandra says

Relatif. Je n'aime pas son explication de texte de la bible. C'est tiré par les cheveux. Et un air de déjà vu

Tracy says

Joseph Murphy has become one of my all-time favorite authors/teachers. My life has transformed in new ways by absorbing his teachings through his writings/books. His writing is easy to understand and provides practical guidance on how to apply the principles/suggestions he recommends in order to live a more full, fun, peaceful and healthy existence as a human being. Phenomenal.

Karen says

I have loved this book. I think it's very useful. It helps you to achieve strength and happiness. It has helped me.

Ayodele says

everything he writes is perfect

Todd says

Still water that runs deep.

Ruhhi Ralhan says

One time reading is good. Gives you new thoughts to think and try. Nice to read it at the right time.

Lakpa Tashi Bhutia says

This book is so thin. I have completed this book in one day. I didn't liked the book. The only positive I could take from this is, now I have one day read book in my shelve.

Author tried to poured so many thing with minimum and complicated words. Even after reading 10-20 pages I hadn't any idea whats going.

Though I have liked his other books some what more, I would not recommend this book to anyone.

Noah Johnson Raj K says

This Book 'BELIEVE IN YOURSELF' was written by the famous Irish author Dr. Joseph Murphy, writer of

the Best seller - The power of your subconscious mind. In this book, the author in the beginning might seem vague and wandering around with his connotations and anecdotes here and there, but the author deliberately by repeating the same fact from different angles indirectly reinforces the major crux of his preaching or say teaching - Power within oneself and the art of positive thinking who masters the control of his mind, thought, belief. Lots of positive vibes come out from this book after reading. In some areas, I may see this book as a spiritual book which directly connects with biblical ideologies with its majority of the reference from the Bible but a balance has been made between Spirituality and science.

One should read this book whenever one feels low about their life be it anything. One might not need much time to read this book; you can finish it one sitting, like an energy drink for your brain and imbibe positive thinking. Certainly deliberate, persistent efforts have to be taken to master the art of controlling your thoughts. You can certainly have this small pocket book. Money is not a matter when it comes to Book especially.

Akshay Parakkote says

WE Believe in everything and everybody else and also depend only on those beliefs in case of a dilemma but from this book I was able to understand more than your belief in any religion or anyone in this universe you gotta believe in yourself because self belief is vital in case of living meaningfully and also help you a lot in attainment of success in both career and relationships.

I was the one who blamed god for the bad things happening to me but Dr. Joseph Murphy made it clear that god and myself are not such different things and belief in both myself and god will surely lead into a successful and purposeful life.

I recommend this book to all out there whom are feeling a little bit low in being themselves and believing in themselves.

Nilesh Karkhanis says

Must read book, if you have dream that you want to become reality. We can achieve enormous things just because of faith. Dr. Joseph Murphy has illustrated various simple techniques that we can implement in our daily routine which will impact our subconscious mind and will result to achieve our dreams.

Karl says

Perhaps best known for his outstanding book, The Power of Your Subconscious Mind, Joseph Murphy was also the author of more than 30 books, including this small one, Believe in Yourself.

It's been awhile since I read, The Power of your Subconscious Mind, so I can't say that I remember it all that well; however, from what I recall, the message in the two books is very complimentary: you are what you think and if you truly wish to be successful you need to use the conscious mind to program the subconscious mind with success thoughts.

In this book, Dr. Murphy really emphasizes that by focusing our thoughts on the positive and then enlisting the help of our imagination to see our desires as already fulfilled we start a process of manifestation that will

ultimately be realized - to the direct extent that we believe in that vision and stay focused on it.

One of the analogies that really cemented this concept for me (pun intended) was that of the architect on how they are able to use their imagination to conceive of and then proceed to draw, in exact proportions, what they imagined. These drawings and designs are then the blueprints that eventually lead to the physical manifestation of their ideas. Houses, buildings, whole cities are first conceptualized, then materialized and we take it for granted, yet it seems that in our personal lives many of us don't utilize this amazing power of creation.

Dr. Murphy's message in this book helps reinforce how important it is for us, as individuals, to use our imagination to see an ideal for ourselves and then to unwaveringly hold on to that vision until it becomes our reality, "According to your faith it is done unto you."

As with many/most/perhaps all of the books in this genre, and by this genre you can use whatever label you like: New Age, New Thought, Metaphysical, Transformational, etc., there is a component that delves into aspects of reality that some people might not be totally comfortable with. This is to say that when dealing with the topic of the mind there is inevitably a discussion of the "unseen" or the spiritual side of our existence as well. This will also lead invariably to the label of "God" being used as well as some Biblical quotes. Personally, I don't find the use of these labels to be "religious", I see these terms used merely to define a point of reference to facilitate discussion. As I have said in earlier reviews, I do not have any religious affiliation, nor do I enjoy reading books that promote one particular religion; therefore, if I felt that this book, or any of the books in this genre were too "preachy" or dogmatic, I would likely not read it and I certainly would not post a review.

If you have come to a point in your life where you are interested in a deeper understanding of the nature of reality, how are thoughts create reality and you realize that this discussion necessitates some exploration of the more "ethereal/esoteric" mind-stuff, then this book, and the others written by Joseph Murphy would be valuable additions to your reading list.

Ashraf Bashir says

The whole book is one statement: "Imagine good things, and they will happen to you"! ... No more ! Just shit, should never be read!

Siva Prasad. H says

Believe in yourself by Dr. Joseph Murphy is one of the best self help books I've ever read. And he has become one of my favourite Authors/Teachers of all time. I've understood that most of the time in my life is wasted by thinking negative, speaking negative about someone or something. And I can feel the Alchemy in me. And I'll definitely give an obeisance to him. Truly excited, and I've completed reading this book in one day. He is teaching/explaining us that how good or positive thoughts plays an important role in our life. And believing in ourselves can make an Alchemy. He is injecting some good ways/techniques for believing in ourselves and positive thoughts. And how it can change us in our lifestyle, job, business and all. The language used in this book is very easy and it is really a small 80 pages book. So anyone can read and

understand this book very easily.
