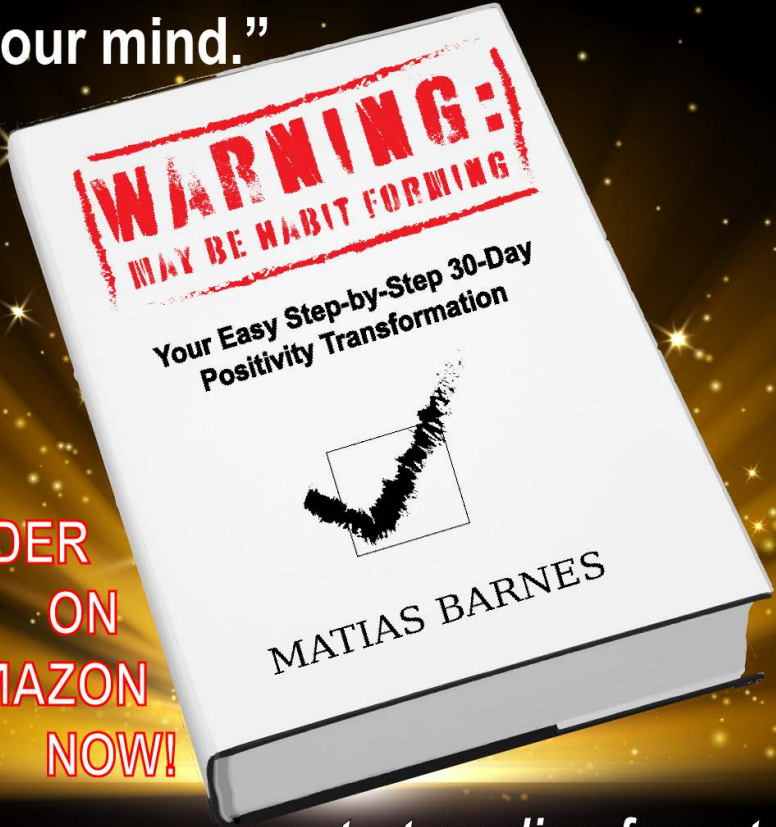


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*Words are creations: Create what you love!*

*This book is dedicated to my dear sweet wife Lisa, whose relentless encouragement and support cannot be measured, for the inspiration and most of all the imperative to “write this book”. Big thanks to my sister Katarina Barnes for great editorial input and plentiful encouragement, my brother Julian Barnes for his valuable input, Sarah Meredith for not only allowing me to interview her, then also providing additional valuable input as well in the form of an article which I have included for you.*



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# Introduction

What has been will be again,  
 What has been done will be done again;  
 There is nothing new under the sun.  
 Is there anything of which one can say,  
 "Look! This is something new"?  
 It was here already, long ago;  
 It was here before our time.  
 Ecclesiastes 1:9,10

The above lines are attributed to the ancient Israelite King Solomon. Surviving texts tell us that Solomon was made king by his father King David. King David was on his deathbed and Solomon was a young teenager. The accounts tell us David did some house-cleaning and took care of some of his potential enemies. He then went and sacrificed 1000 animals (a significant gesture for the custom at the time—you might be thinking, "awesome, barbeque!" but in this case it was a "burnt offering" meaning that the sacrificed animals were totally consumed by fire.)

That evening in a dream God asked Solomon what blessing he wanted. Instead of asking for riches, fame, etc., Solomon asked for wisdom. Ancient sources said something I'll re-quote in modern vernacular, "This is kind of a big deal and I'm just a kid. I need wisdom to know what to do." God was so pleased by this that he promised to make him the wisest person ever to live and gave him riches, fame, and more; legend has it he even had a magic ring that allowed him to control demons (Conybeare, 1898, p. 2).

And yet, even the wisest person ever to live wrote from his own limited perspective—these days

we would say, “what about the light bulb and the internet? Aren’t those things new?” Yes, sure, and excluding modern technology, mostly everything else is recycled on this planet, from the air we breathe and water we drink (dinosaur urine anyone) to the ideas we “have” and the opinions we express. All recycled. Don’t worry, it will happen again and again.

A television series with a focus on World Heritage Sites really impressed me with its take on this topic. Each episode has a focus on one such World Heritage Site, from the Taj Mahal in India and China’s Forbidden City, to what really stuck out to me: Australia’s Great Barrier Reef. In that episode, the Host, Justin M. Jacobs, tells us that the Great Barrier Reef seems to be in trouble due to a warming ocean and an invasive predator starfish that eats the coral faster than it can grow. Since he is a professor of history at the American University in Washington, DC, Jacobs explains that the Great Barrier Reef has failed and been formed again at least four times in its history, and that as a historian he takes a much longer, more cyclical view than a marine biologist may. While the current Great Barrier Reef may be endangered, he is quite sure it will fail and reform many more times, its cycles ultimately starting long before us and likely to outlast humankind. (Jacobs 2021)

In this book, it is certainly my intention that you will be informed and be delighted while you absorb valuable information, even if the content is nothing more than recycled, rephrased, reexamined, rehashed, reevaluated, and reapplied. That is, many of the things I bring together in this book have been said before, by others, sometimes more than once, with good reason, these are important concepts. There are many books



that explore the crunchy fringes of these topics and some which plunge to their very chewy center. There are whole systems of belief and modes of daily operation that encapsulate elements discussed herein. Many of the ideas and concepts explored in this book are restated from others or viewed through a different lens or perspective. It is my sincere hope that my perspective adds value to your life, intellectually in chapters one through seven, and in practice in chapter eight.

First, we will go through some different ideas and concepts as well as taking your temperature to aid in personal insight. Once you have finished reading chapters one through seven, that is when the fun starts. Chapter eight is where your easy step-by-step 30-day positivity transformation begins!

Make no mistake, others have explored these ideas before me and there will be books that follow this book and explore similar subject matter. In fact, I bet someone is authoring such a book even as you read this now. As you read on, unlock your potential and take the training wheels off your mind.

I argue that some of these ideas will resonate very strongly with you, because you have always believed them, and the way I describe them allows them to crystallize in your mind to be infinitely useful. Natural principles have always existed even before they were discovered, named, and quantified; gravity always existed long before it had a name or a definition. Gravity did not rely upon man to identify and name it in order to exist. Fire with its basic physical operating principles did not need Prometheus, nor any help from us, so in fact all natural laws precede humankind.

My approach is simple, I will share what

I have found relevant, provide some exercises to give you insight, and give you practical advice that will help you lead a better life.

What makes me an expert? It's a fun question! What makes anyone an expert? Why should you rely on my words? Quite simply, you should not. In fact, please don't. I insist. I wholeheartedly encourage you to question everything. Let your intuition be your guide. Go with your gut feeling. Only you will know what resonates with that quiet whisper deep inside of you.

It's true that I was inspired to author this book because of the things that I discovered through my own life experiences. It's also true that I spent countless hours on research, reading many pages from the recent and less recent past. Of course, this path is open to you as well, there are many many many many books on this topic. I mention a few of them further on and have prepared a further reading list at the end of this book. Fortunately for you, the book you are currently holding is much easier to understand and apply than some of those. I hope.

In our first chapter, Chapter One: A History Lesson, we will start out by looking at some "recent" history. To be fair, I use quote marks because we will go forward from 1802 *anno Domini* and for the purposes of this book we will comfortably stay in America during our historical adventure. For some of our dear international friends that is barely history. The foundations of France came together almost a millennium ago and the country of Portugal was formed nearly nine hundred years ago. Oh and if we keep going we could end up in China, one could go back to Emperor Yu the Great—credited with founding the Xia Dynasty some four thousand plus years ago. In any case

we will take a look at some people with interesting ideas. Attractive ideas. I know it is exciting, but please stay calm, you are almost there, it is coming soon!

Next, in Chapter Two: Modern-Day Practitioner, we will adventure on with a chapter written around an interview with an intuitive, she had some very interesting insights which will broaden your perspective and understanding. Sarah also shared an article “Decide to Get” which I have printed for your enrichment. I was especially impressed with her metaphor on the shared subconscious mind—it is my hope that you will be impressed when you understand the Colosseum. I end this chapter with our first easy written exercise, so make sure you have a pen handy.

Then we are on to discuss balloons in Chapter Three: Hold Your Balloons? Ninety-something of them. Somebody saw them released and started shooting missiles—no wait that isn’t right—we will talk about the physics concepts behind the balloon as well as the origin of the word balloon—hmmm, still wrong. \*Ahem\* Sorry. The balloons are just a metaphor. We will go over some more basic things like how words work. You will learn about your own vocabulary and understand how critical it is to be intentional with your choice of words. Then you will make a keep-list and a fade-list to help you focus your vocabulary where you want it. I will also reveal the Antidote, a method you can use to neutralize poisonous words.

Thereafter on to Chapter Four: Take Command, this is where you are hypnotized by my words and bark like a dog. Just kidding. Almost as much fun, and I promise you will find it very useful; we will talk about commands, and I will pretend to have

a command of grammar and the way sentences are constructed. It is so obvious you may have forgotten about it. This has a serious impact on you, and you will be excited to absorb the information I have for you.

Even more impactful, in Chapter Five: Align Yourself we will explore alignments. In short, alignments show consistency across your thoughts, words and deeds. We will delve into what alignments are, what impact they have (as well as the impact of misalignments) and how to use them practically to improve your quality of life.

In Chapter Six: Be Present, Emma we will catch up with Emma (she is also reading this book right now) and learn with her about a useful perspective on the illusion of time. You and Emma will both gain insight into what it means to be present in the present. You will learn to appreciate your past-self and support your future-self.

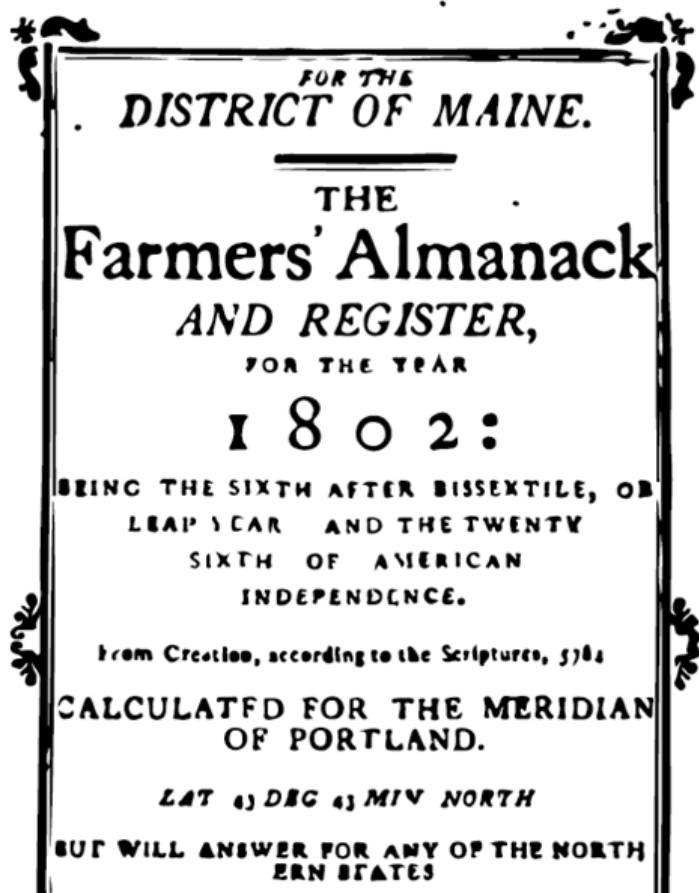
As you may have guessed, that which follows is seven. No deadly sins here, just a recap that tells you what we talked about to hammer things home. When I was a kid, my dad always said, “tell them what you’re gonna tell them, tell them, then tell them what you told them!” Chapter Seven: Ready, Set... is the last part of that.

At this point, you will have taken the time to learn some interesting and valuable concepts and try out some fun and revealing exercises. In Chapter Eight: Now Be Great your easy step-by-step 30-day positivity transformation begins! I have prepared a page for each day with easy activities and checkboxes to fill out. Now first it's time to look to the past, let's take a quick walk down memory lane in our first chapter, coming up next!

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# Chapter One

## A History Lesson



(Wait 1801, Front Cover of The Farmers' Almanack and Register for the Year 1802)

**F**ebbruary 1802: Othello Pollard, a very well regarded free black restaurateur and caterer pulls out all of the stops to bring traffic to his shop, “Attic Bower” on Tremont Street in Cambridge, Massachusetts. He sees to it that crowds in Boston are delighted to see an exotic big cat on display. The first leopard exhibited in the United States---and for only 25 cents admission (something like seven bucks in 2023) the crowds came from far and wide. (Pollard 1802)

Almost 73 miles northwest, in Lebanon, New Hampshire, Susanna Quimby was thoroughly pregnant and just about ready to give birth. Unlike the mothers of Jesus, Krishna, and Zoroaster her child claimed



no immaculate conception, nor would it be a virgin birth. The father was her husband, Jonathan, a skilled blacksmith. Two weeks later Susanna gave birth to her sixth child, pulling out all the stops with one of the coolest names possible; Phineas Parkhurst Quimby. Susanna would later go on to have one more, his little brother Robert. This was by no means considered a large family. According to census data, seven kids was fairly average for Maine in the 1800s (“Historical Census Statistics on Population Totals By Race, 1790 to 1990, and By Hispanic Origin, 1970 to 1990, For The United States, Regions, Divisions, and States”).

When Phineas was two years old the Quimby family moved to Belfast, Ireland. Ahh, the Irish Isles. No wait, that’s Belfast, Maine. (Yes, they have one too.) This is where young Quimby grew up and experienced the wonders of being a nineteenth century blacksmith’s son. (G. Quimby 1888, p. 267)

According to the Phineas Parkhurst Quimby Resource Center website, “Park” - as he was known to his friends and neighbors - was inquisitive, perceptive, and inventive (Hughes). Educational resources and opportunities were limited in a town of under 2,000 residents in the early nineteenth century, but Park gathered a rudimentary education, nonetheless. (G. Quimby 1888, 268)

There are few records from this time period, and not much more detail is commonly known of Park’s early history. According to William Erik Voss on his American Silversmiths website, when Phineas was old enough to work, he apprenticed with his brother William, a decade his senior. William was a silversmith, jeweler and watchmaker and in time Phineas became a smith, clockmaker and inventor himself. A book chron-

icling the silversmiths of New England includes the following, "A man of keen mental ability, he invented a machine for sawing circular surfaces and apparatus for steering vessels." (Flynt and Fales 1968, 306)

Because of his various experiences, Quimby grew to be an ever-experimenting scientist, believing little except for what he could test with reproducible results, filtered through the lens of his intuition and experience. This approach and methodology would serve him well as he explored first mechanics and science, then the psychology of wellbeing.

Quimby wrote in "My Conversion" about an experience he had in his late twenties:

I was very sick and was considered fast wasting away with consumption. At that time I became so low that it was with difficulty that I could walk about. I was all the while under the allopathic practice, and I had taken so much calomel that my system was said to be poisoned with it; and I lost many of my teeth from that effect. My symptoms were those of any consumptive; and I had been told that my liver was affected and my kidneys were diseased and that my lungs were nearly consumed. I believed all this, from the fact that I had all the symptoms, and could not resist the opinions of the physician while having the proof with me. In this state I was compelled to abandon my business and, losing all hope, I gave up to die, not that I thought the medical faculty had no wisdom but that my case was one that could not be cured. (P. Quimby 1863)

Yes, you read that correctly, his doctor prescribed him *so much mercury that his teeth started to fall out*. Quimby had given up—he believed

there was nothing medicine could do for him.

Yet because he was aware of an acquaintance who had “cured himself by riding horseback” Phineas came as close as he could in his condition—riding in a carriage. A couple miles from home, his horse refused to go up a hill, except when Phineas ran next to him. Getting to the top of the hill, Phineas was wiped out and rested:

I concluded to sit there the balance of the day if the horse did not start. Like all sickly and nervous people, I could not remain easy in that place and, seeing a man ploughing, I waited till he had ploughed around a three-acre lot and got within sound of my voice, when I asked him to start my horse. He did so, and at the time I was so weak I could scarcely lift my whip. But excitement took possession of my senses, and I drove the horse as fast as he could go, up hill and down, till I reached home and, when I got into the stable, I felt as strong as I ever did. From that time I continued to improve, not knowing, however, that the excitement was the cause, but thinking it was something else. When I commenced to mesmerize, I was not well according to medical science; but in my researches I found a remedy for my disease. Here was where I first discovered that mind was matter and capable of being changed, also that diseases being a deranged state of the mind, the cause I found to exist in our belief. The evidence of this theory I found in myself; for, like all others, I had believed in medicine. (P. Quimby 1863)

These early experiences were enough to impress upon Park that doctors and medicines could in fact be fallible. I found it interesting modern sources agree that exercise is a must-have for those fighting off tuberculosis, so it seems Quim-

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# Chapter Four

## Take Command

Sit! Stay!

When I use the word command, my mind immediately goes to dog obedience. For me, I think of playing with and training my childhood dog Coco. She was so smart!

I think my favorite trick was when Coco would play dead. I would point my fingers like a gun and when I said “bang” Coco would roll onto her back, legs in the air and tongue draped out of her open mouth, almost in a smile at the comedy of it all.

Coco was very obedient, a beautiful German Shorthaired Pointer with a mild temperament (she was the runt of her litter and always seemed humble and ready to give deference. Most commands

were one word, often just a verb. Sit! Stay! Come! Coco was really smart though and could handle multiple nouns as well. If you asked her to get the ball, she never came back with a frisbee! Perhaps you have your own fond memories of training and playing with a pet. When you're just a kid, pets are sometimes the only household members you outrank and as such it can be your first real practice with commands.

Outside of the military, it's typically not considered polite to "command" your fellow human. We like to think that we have finally approached the point of civility where every person is in fact treated as having equal rights. We like to comfort ourselves with the ideal of equality. When you command someone, there is an implicit communication of authority, a sense that the receiving party is automatically subordinate. It de-equalizes you and makes the commanding party the boss. Yet we each do it every day. English teachers refer to them as Imperative Sentences, but for simplicity we'll call them *commands*.

In order to be polite, we often wrap commands with words that show we are asking nicely, like "please" or "would you/could you". Here are some examples, with the command portion of the sentence in bold.

- Please **pass the peas**.
- Could you make sure you **get gas**.
- Would you please **help me** with this?

What is important to understand about commands, is that they have a direct impact on the listener whether they consciously accept the command and act on it or not. That is, it's important to understand that negated commands are still processed by the speaker

and listener's minds alongside the negated meaning.

*Wait, Matias, what does that mean?* Let's look at some examples.

Do not jump on the bed.

The listener will simultaneously process both:

**Do not jump on the bed.**

(On a conscious level)

And

**...jump on the bed.**

(On a subconscious level)

What this means is that negated commands (English teachers might call them Negative Imperative Sentences) are not the most efficient way to communicate and may even contain conflicting commands. There is a palpable emotional burden which is felt by the listener of a conflicting command without even understanding why they feel uneasy. In the previous example, it would be much better to tell that rambunctious kiddo that they can jump outside and remember to use the bed to nap or sleep. Use positive-facing language. Ensure that all your commands are positive and are free from conflicting meanings. Use phrasing that is consistent with your intention in every way. If you tell your spouse, "Don't forget your lunch" you are actually working against them. While they will consciously hear the reminder to bring their lunch sack to work with them—you are also simultaneously programming them to do exactly what



you do not want them to do! Are you familiar with road-hypnosis? This is a phenomenon that occurs when your mind goes on ‘auto-pilot’ in order to execute a pre-programmed task. For example, you may consciously think about driving home, and before you realize it, you’re walking in the door with no memory of the drive. These unconscious actions are where we are most susceptible to these kinds of weak suggestions, or embedded commands. Have you ever “looked down” to see that you’re doing something absentmindedly? Once you teach your subconscious mind how to do something, it can often pick up the slack and take over while you daydream or plan something else. Ok so back to the lunch sack—how can we make sure that it goes to work with my spouse? Well, the more optimal phrasing is, “remember to bring your lunch.” You’ll note it’s a compound command containing both **remember** and **bring** as verbs. This type of phrasing can be immensely powerful.

Do you have your pen handy? Let’s have some fun. Just like you can use the Antidote when a fade-list word presents itself, you can use the Antidote wherever unhelpful commands exist. Immediately rephrase it with useful phrasing. Below I have given you several phrases using negativity. Go ahead and re-write them to be positive. I’ve done the first one for you as an example.

Do not be late

Be on time

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Don’t be lazy

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# Chapter Six

## Be Present, Emma

“C lick - Swoosh!” The sound of the electronic deadbolt. It unlocks as Emma authenticates herself with her thumb. In one swift motion, Emma slides into the hallway, tosses her bag onto the bench and kicks her shoes off.

“Thank God I’m home, what a day!” Emma mumbles to herself almost under her breath, barely audible. She almost makes it to the end of the hall, into the kitchen, when she remembers what she read about her past and future self in that book her sister gave her, *WARNING: MAY BE HABIT FORMING* by Matias Barnes.

“Appreciate your past-self, support your future-self. Appreciate your past-self, support your fu-

ture-self..." She mumbles to herself as she turns 180 degrees to hang her bag on the hook and put her shoes under the bench. As any of us might, Emma momentarily feels the urge to grumble about it, then she remembers to "feel grateful to your past-self" AND "feel grateful when you serve your future-self."

It sounded weird to Emma but that Barnes, the book's author, had a good point. Obviously, Emma is not three people, that is silly, but the frame of reference is a super useful reminder to be grateful and stay present. Now, with her environment under control, led by her nose, Emma follows the heavenly scent of roasted garlic back down the hall and into the kitchen. Garlic is her very favorite, in any form. Emma would eat it raw if she could—but like many, she works at an office in a cubicle near other people, and well, Emma always tries to be considerate of others.

"Welcome home hon' How was your day!" Before she even makes it around the corner into the kitchen, her husband Joshua's voice, along with the smell of dinner, are like two tractor beams locked on to Emma, pulling her in without any conscious effort. Emma has often been amazed at how Joshua manages to work full-time just like she does and still cranks out a top-notch dinner on his dinner nights. Emma is not a huge fan of cooking, but they trade off except for Saturdays, a "left-overs" day. While chewing a bite of the delicious garlic meatball spaghetti Emma muses, "I dread cooking for tomorrow as much almost as I enjoy this spaghetti!"

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# MORNING 1



Good Morning! I hope you will be pleased to enjoy **Your Easy Step-by-Step 30-Day Positivity Transformation!** Today is easy. First up, you are going to write down some things you are grateful for.

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Today, work to pay attention to your vocabulary. Use **the Antidote** whenever **fade-list** vocabulary is present!

Check off these boxes (its fun!)    ☐   ☐   ☐

# EVENING 1



Welcome back! I trust your day went well! Thank your past-self for three things, then check the box.

\_\_\_\_\_ [ ]

\_\_\_\_\_ [ ]

\_\_\_\_\_ [ ]

Now write down the name of a friend or family member with whom you wish you had better communication and relationship.

\_\_\_\_\_

Send this person love. Melt any negative attachments with your love.

Be proud of yourself! You are amazing! [ ] *check*



Go ahead and read ahead for tomorrow. I find the best success with an alarm and enough time to sleep! *You are amazing! I believe in you!*



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# MORNING 25



Good Morning! Thank you!

Go back to the thank you note you wrote on Day 16 and read it.

Now set a timer for five minutes and sit in silence with your eyes closed. Just focus on peace, on stillness.

Write down any thoughts:

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ASSIGNMENT: Find at least three opportunities to say thank you to other people today.

# EVENING 25



Good Evening!

Think about how good it feels to live in alignment.

Write down how you feel:

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As you start to fall asleep, think about love broadcasting from inside of you and enveloping the entire planet.

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