



Self Mastery Through Conscious Autosuggestion

Emile Coue

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Emile Coue came up with novel way to improve the lives of people. He was a pharmacist by trade and often saw ailing people. This lead him to develop autosuggestion, a form of self-hypnosis. At the time his theories weren't popular but over the years evidence is mounting that he was indeed right all along. Modern science even proved that if you trick sick people into thinking that they will get better, then their chances of recovery indeed improve. His methods don't involve tricking people or tricking ones self but instead offer a method of consciously attempting to improve ones own state of mind

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