



# Self Mastery Through Conscious Autosuggestion (Cosimo Classics: Personal Development)

*Emile Coue*

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# Self Mastery Through Conscious Autosuggestion (Cosimo Classics: Personal Development)

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**Self Mastery Through Conscious Autosuggestion (Cosimo Classics: Personal Development)** Emile Coue  
Originally published in 1922, *Self Mastery Through Conscious Autosuggestion* caused a stir throughout the scientific and religious communities. Émile Coué's assertions that the repetition of certain phrases, or mantras, can have a positive effect on the health and happiness of an individual challenged the existing reliance on chemicals and clergy.

However, his theories, which are laid out in straightforward detail in his work, were solidly based on his firsthand experiences with patients, including such stalwart methods as conditioning therapy and the placebo effect. Often invited to lecture on the subject, he finally was motivated to commit it to writing by his desire to help people help themselves.

French pharmacist and psychotherapist EMILE COUE (1857-1926) founded the Lorraine Society of Applied Psychology and was known across Europe and the U.S. for his theories on the power of autosuggestion, which was dubbed the "Coué Method" and is still practiced today.

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