



Think Your Troubles Away

Ernest Holmes

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Have you wondered how you can use your mind to experience fewer problems and more joy? The majority of the difficulties people encounter are ones they have created by what they think-consciously or unconsciously. What has been created by one kind of thought can be changed by an opposite thought. In *Think Your Troubles Away*, Holmes helps each reader understand how the mind works, and the role of the subconscious in our everyday lives.

With short, easy-to-read yet profound chapters, Holmes shows us how to get from where we are to where we want to be-using the power of the mind. A small gem, *Think Your Troubles Away* is more timely now than when it was originally published.

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