

## BOOK REVIEW

### A Review of *As a Man Thinketh: 21st Century Edition* *The Wisdom of James Allen*

James Allen (Sam Torode)  
Sam Torode Book Arts (Kindle Edition), 2017.  
46 pp. ISBN: 1548740764. Price: \$ 5.06

Reviewed by Sangeeta Magar<sup>1</sup>

*As a Man Thinketh: 21<sup>st</sup> Century Edition* is a modern version of *As a Man Thinketh* by James Allen. It is a ground-breaking book originally published in 1903. Keeping in mind the tranquillity and profound wisdom it holds for the entire humankind, this book is rewritten in contemporary language by Sam Torode and republished in 2017. *As a Man Thinketh: 21<sup>st</sup> Century Edition* offers practical principles of success in all spheres of life and is a very short book running to just 46 pages and divided into 7 chapters; where each chapter has a subtitle and is comprehensively and precisely written.

This book helps in developing a growth mindset and delivers some lessons to improve life. It is an inspirational, practical, true, and life-changing work. It is a self-help book that solely focuses on how to transform practically and spiritually a short-lived life in this world, into a life of self-realization, gratitude, and continuous betterment. This book is carved out from the teachings of the Bible, the Buddha, the Tao Te Ching, Ralph Waldo Emerson, Walt Whitman, and years of practice, failures, success, pain, endurance, and peace by James Allen himself.

Allen's book reveals how our mind is the creator of our self, the director of our life. It projects how our thoughts are responsible for our actions through various themes and examples. The chapters, one after the other, introduce and further elaborate, that our impressions shape our character, achievements, appearance, circumstances, health, and even the overall outlook towards life

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<sup>1</sup> *Sangeeta Magar* is an assistant professor at the Department of English in Saint Claret College, Ziro, India. Correspondence concerning this review must be sent to: [sangeemagar23@gmail.com](mailto:sangeemagar23@gmail.com)

in person and in general. The basic ideals of this book revolve around three stumps of life according to James Allen: truth, beauty, and virtue.

*As a Man Thinketh: 21<sup>st</sup> Century Edition* is a compilation of some powerful concepts by James Allen in the simplest of language. Thus, opening a door to the modern-day readers to understand effectively how a mind can govern life and how we ourselves are the key to all of our happiness. In the few pages of the book, the wisdom of many great minds is captured. It has the capacity to change lives; the way one thinks, visualizes, dreams, works, and practices.

The modern version of *As a Man Thinketh* is written in a straightforward style to reach out to the masses effectively. Across seven chapters, the book primarily emphasizes the concept of *mind as the master* and the ideology of *what we think so we become*. The author focuses upon *character* (chapter 1), wherein he states that ‘mind’ is like a garden which will flourish if it is well taken care of, but will produce weeds and thorns if unkempt. So, like in a garden, if one plants positive thoughts in the mind, it will yield positivity; but, if it is sowed with negativity and hatred, it will only produce vices. Chapter 2 discusses *circumstances*. Life is what mind manifests it to be. This chapter portrays that situations do not shape us, it only provides an opportunity to choose the path of either virtue or vice. On *health* (chapter 3), the author states that a body can be glowing and healthy only if the mind is open and positive. The body is the slave of the mind. Chapter 4 on *purpose* acknowledges the role of a direction or goal in life. The road to *success* is only through hard work and a clear goal, there is no shortcut (Chapter 5). Discussing *vision* (chapter 6), the author states that the greatest achievements were once just a vision; only those who dare to have a vision can create a life of their own choice. Finally, *peace* (chapter 7) is wisdom, and a peaceful mind is the greatest asset of life.

The book concludes with an exercise titled *Visualize your ideal life* for the readers to do. It is designed in a practical way which encompasses tips and methods for the effective application of the teaching of James Allen in one’s personal life.

In today’s materialistic world, this book serves those who seek meaning and purpose in times of uncertainty, depression, disorder, anxiety, and other psycho-spiritual ailments of life. This book is not limited to a specific age group; rather, it possesses the wisdom across age, gender, and state. It is a book meant for all and a delight for the reader.