



# Alter Your Life

*Emmet Fox*

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## **Alter Your Life** Emmet Fox

A rousing action program for  
overcoming adversity and taking charge of life  
-- by one of our century's greatest mystics.

For unhappiness, frustration, loneliness, and other afflictions of the spirit, Dr. Emmet Fox prescribes a powerful remedy based on the life and message of Jesus. *In Alter Your Life*, Fox explains that these "dreary" problems are actually bad habits of mind -- habits from which we can free ourselves.

"There is no necessity for anything but success, good health, prosperity, and an abounding interest and joy in life," Fox writes

Through a series of brief meditations, Fox shows us how to exchange our bad habits of mind for the healthy ones demonstrated by Jesus. Based upon biblical texts, *Alter Your Life* offers a progressive, life-changing course designed for all readers, whether or not they have read a religious book before.

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