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By Wallace D. Wattles



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Fasting has long been an exercise practiced by those seeking spiritual strength, but here, Wallace D. Wattles asserts the benefits of fasting on physical strength as well. Wattles uses personal experience and firsthand knowledge to drive his theories on how to increase one's health, happiness, and creativity through approaching eating in a different way. In addition to discussing the nutritional content, quantity, and timing of eating, he includes detailed arguments for the benefit of adequate sleep and the importance of deep breathing and fresh air.

Wattles stands out from other writers on the subject of health and wellness (both those in 1907 and today) by focusing his conversational and compassionate prose on the simplest principles and common sense, making clear his affirmation that is it possible for anyone to improve his or her own health and happiness without the need for elaborate science.

American author WALLACE DELOIS WATTLES (1860-1911) overcame poverty and failure in his life to become a pioneer of the early self-help movement. Among his books are *The Science of Getting Rich*, *The Science of Being Great*, and *The Science of Being Well*.



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