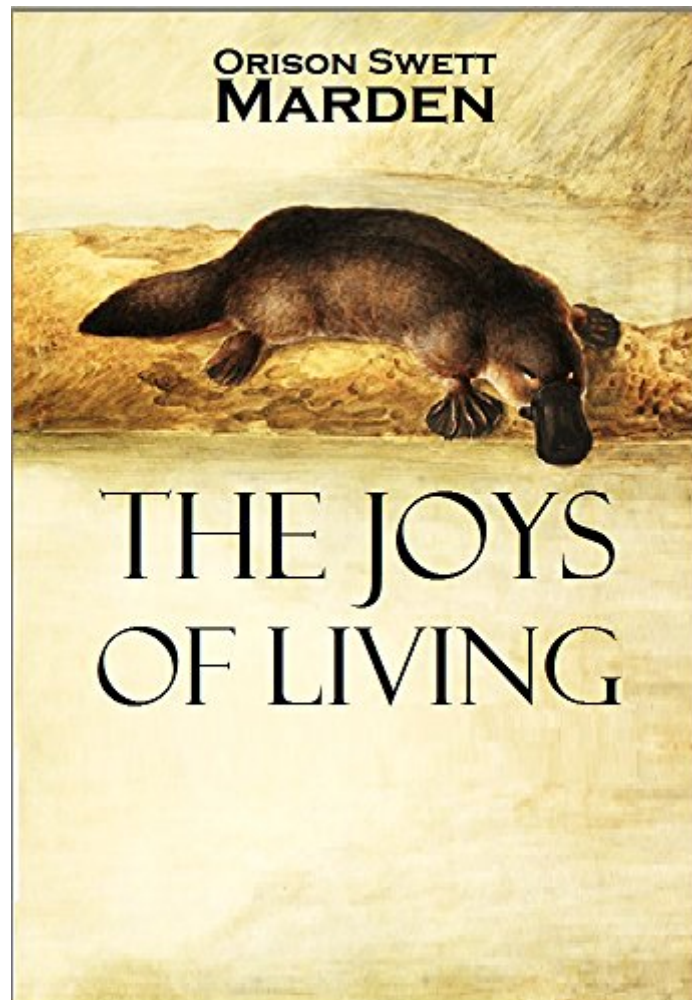


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# The Joys Of Living (1913)



## Synopsis

Dr. Orison Swett Marden (1848â€”1924) was an American inspirational author who wrote about achieving success in life and founded SUCCESS magazine in 1897. Most people, I suspect, think of Orison Swett Marden as a writer, nothing more, as the founder and editor of the dead and gone but not forgotten Success Magazine, for instance, and as the author of an imposing array of best sellers along business and personal efficiency lines; as a matter of fact, however, the Doctor is a man of action, himself a conspicuous exponent of Success, whose writings are as far as possible from the vaporings of your mere theorist, but, on the contrary, are indigenous to the soil of his own ripe experience, and have had the benefit of the rain and sun of an exceptionally wide acquaintance with other men of affairs. "The Joys of Living" is another one of Marden's cheerful and optimistic books. This is one which strikes another vein than that one of success. As usual, he says a great many very true things, and several of his chapters are worth pointing out. That one on "The Strain to Keep Up Appearances" will be appreciated by many thoughtful readers, and so will the one on "Postponed Enjoyment," which is a modern equivalent to Horace. In this book, the author protests against what he conceives to be the American view of life. He says our people are apt to conduct themselves as though en route for some destination on beyond, and as though they were making a mere temporary stay at a way station, with most of their luggage unpacked. This book provides 26 chapters of common-sense advice, for the average striving, struggling, overworked, and worried American man and woman, on the pleasures to be found day by day. It is a book intended for those striving, struggling individuals who in seeking the pot of gold at the end of the rainbow go by the jewels that are strewn along the way. It is a helpful, inspiring book which points out that happiness is more a condition of mind than of environment, and it tells the reader of the many opportunities for joy that are offered in the common things of daily life. It belongs to the author's series of "Efficiency Books." Marden emphasizes the fact that happiness is to be found in every-day living; how contentment can be cultivated; how health and happiness are related; how there is a positive alchemy in a cheerful mind. It is a book full of illuminating counsel and common-sense advice.

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## **Book Information**

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## **Customer Reviews**

An excellent treatise on living mindfully and in the present and not "future tripping" all the time and missing out on the true joy of living - which is a moment by moment experience of being in the present. Great read!

This is an excellent book on the age-old goal of living in the moment and enjoying life. The language is poetic and inspires one to live life more fully, and the book also contains numerous examples and practical advice on how to do this.

Reading this book has awoken many thoughts and shared some incredible wisdom. Some of the work is dated- one chapter clearly demonstrates its birth from the past. However, most of it is unique and of the many books I have read on such subject, I am happy to say this reaches in and tugs the

soul, sequels would be to reread this one as there is so much you can gain from it. "A single chapter is worth more than the book's weight in gold" -a comment on the book found at the end, and I very much agree with the commenter. Each page alone is like a garden with all its fruits, flowers, and bushes of berries.

Marsden was the first - and still among the best - of all the happiness and personal-improvement "gurus" who have come along since, seemingly hundreds since the middle nineties and the advent of the Internet. For those who read today's versions, much of what Marsden writes in this and others volumes may seem rather trite and hackneyed, but this is precisely because he was writing a century ago. He did not steal or borrow from the authors who came before him because there were almost none in this genre; he was the original article. On the other hand, many who came after clearly stole or borrowed from him. For those who want to read the original in the style of the day, anything by Marsden is a treat.

I've read several books from Marden and they never cease to amaze me with the book's simplicity and direct advice. This book will really helps you get to the basics of really appreciating life. Normally Marden's books contain a lot of stories including some direct advice and this book is no exception. I would recommend this book to anyone who appreciates the classical self help books and it is a true joy.

This is a book about intelligent living. It touches upon all the important subjects related to living a happy life and shows us the way to conduct our lives wisely in any area, from relationships to work. It contains many priceless bits of wisdom we can use to get inspired to live our best life. For example: " Paradise is here or nowhere. You must take yor joy with you or you will never find it."

It's amazing what a positive and simplified mindset can do for your daily mood or outright long-term life. This book is like having a personal trainer for your brain. All happiness and balance comes from within and we all need someone to give a roundhouse kick to the temple to remind us.

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