

# The Power of Your Subconscious Mind

## by Joseph Murphy

This best selling self-help book by Dr Joseph Murphy has sold more than a million copies since its publication in 1963. The title is self-explanatory in the sense that the book focuses on the argument that the real power is within an individual, which is the last place most people look.

The writer emphasizes the importance of working on our minds and developing attitudes and practices of faith, positive outlooks and enabling beliefs to achieve a better life in all areas including finance, health, habit building, relationships and career.

The book provides a detailed study of how your subconscious works, how it can be used to remove fear, stay young, cultivate happiness, solve marital/ relationship issues, get rich, get results and achieve mental healing.

However the book has been subject to harsh criticism by readers who are skeptical of the extravagant claims the author makes regarding the power of our minds. Moreover the numerous references to the Bible, and stories without sufficient matter to prove its authenticity is what turns some readers away.