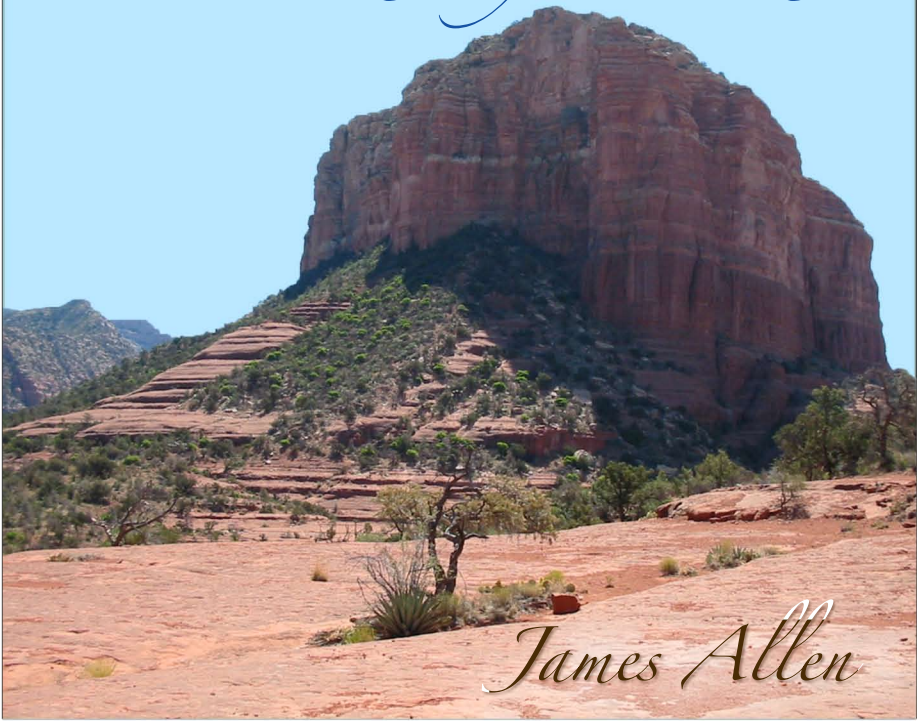


# *The Mastery of Destiny*



*James Allen*

James Allen's inspirational and thought-provoking books have inspired millions.

In *The Mastery of Destiny*, he instructs readers on developing self-control, willpower, concentration, and motivation. Through mental discipline, we can create a life of unending happiness, prosperity, and, most importantly, self-mastery.

(Summary by Andrea Fiore)

- 01 - *Deeds, Character, and Destiny* - 00:16:32
- 02 - *The Science of Self-Control* - 00:19:00
- 03 - *Cause and Effect in Human Conduct* - 00:10:32
- 04 - *Training of the Will* - 00:08:11
- 05 - *Thoroughness* - 00:06:58
- 06 - *Mind-Building and Life-Building* - 00:11:30
- 07 - *Cultivation of Concentration* - 00:15:00
- 08 - *Practice of Meditation* - 00:13:55
- 09 - *The Power of Purpose* - 00:05:15
- 10 - *The Joy of Accomplishment* - 00:05:31

*Total running time: 1:52:24*

*Read by Andrea Fiore*

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