

As a Man Thinketh Summary – James Allen

[As a Man Thinketh](#) (1902)

by [James Allen](#)

As a Man Thinketh is THE #1 ranking, uplifting, pocket-sized pep-talk on the power and importance of changing your thoughts as the cornerstone to changing your life – by philosopher and prolific self-help author, James Allen. ([34 pages](#))

[Paperback](#) | [Ebook](#) | [Audiobook](#) | [Gutenberg](#)

Note: This **As a Man Thinketh summary** is part of an ongoing project to summarise the [Best Mindset Books](#) and [Best Self Help Books](#) of all time.

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As a Man Thinketh Review

As a Man Thinketh ranks #1 on my lists of the [best mindset](#) and [best self-help](#) books of all time.

It's #5 on my list of the [best non-fiction books](#) ever written.

Why? Because it's punchy, simple, uplifting, life-changing and **short**.

At 7,409 words (~30 pages), *As a Man Thinketh* is a book you can finish in just 30 minutes.

Which is great news. Because this sermon on mastering your mind is a motivational masterpiece.

You'll find a summary below, plus links to [free](#) and [paid](#) versions of the full text above.

Enjoy them. Apply them. Take charge of your thinking today.

And until next time, be awesome, think wisely and go well.

P.s., Enjoy this *As a Man Thinketh* summary? Check out my free [ultimate guide to character traits](#) for a free list of 800 positive and negative character traits and a practical 5-step guide to reshaping your thoughts and your character.

As a Man Thinketh Summary

One-Sentence-Summary: Your thoughts determine your character, your character determines your actions and your actions determine your outcomes so the **ONLY** way to transform your life and results for the better is to master your mind and practice application, self-analysis and experience in transforming the way that you think.

Full *As a Man Thinketh* summary below...

Your Thoughts Determine Your Outcomes

You cannot improve your outcomes without improving your thoughts.

Why? Because:

- Your thoughts determine your character;
- Your character determines your actions and habits; and
- Your actions and habits influence your circumstances and health which...
- Lead you to joy or to suffering.

Right, useful, pure, godlike thoughts lead to good character, blessedness, good health and joy.

Wrong, useless, groveling, evil thoughts lead to bad character, wretchedness, bad health and suffering; to indigence or indulgence.

The results may not be instant, but *"a particular train of thought persisted in, cannot fail to produce its results on both character and circumstances."*

Note: The same isn't true in reverse.

Your circumstances can't be blamed for your thinking.

Instead, the way you react to them can tell you interesting things about your character and the nature and inclinations of your thinking.

Fortunately...

You Are the Master of Your Thoughts

You can cultivate your thoughts or you can let them run wild.

And even *that* is a thought you control.

A wise person takes control of their thoughts through consistent:

- **Application;**
- **Self-analysis;** and
- **Experience.**

Application in consistently trying to understand themselves.

Self-analysis in watching, controlling, altering and tracing the effects of their thoughts on themselves, other and their circumstances.

Experience in seeking wisdom in even the most trivial of everyday happenings.

This takes consistent time and effort.

But like any skill...

Mastery Improves With Practice

Here are some examples of bad and good thinking (taken from throughout the book):

- **Aimless vs. Purposeful;**
- **Anxious vs. Confident;**
- **Condemnatory vs. Forgiving;**
- **Dependent vs. Self-Reliant;**
- **Dishonest vs. Honest;**
- **Doubting vs. Self-Assured;**
- **Fearful vs. Courageous;**
- **Gluttonous vs. Moderate;**
- **Greedy vs. Fair;**
- **Harsh vs. Gentle;**
- **Hateful vs. Loving;**
- **Impure vs. Pure;**
- **Indecisive vs. Resolute;**

- **Indulgent vs. Self-controlled;**
- **Lazy vs. Diligent;**
- **Listless vs. Energetic;**
- **Selfish vs. Generous;**
- **Sickly vs. Healthy;**
- **Sinful vs. Virtuous;**
- **Vicious vs. Benevolent;**
- **Weak vs. Strong;**

(**Enjoyed this list?** You might like [this article and list of 800 character traits.](#))

The good news? Strength can (and can only) be developed by effort and practice.

The more you apply self-analysis to your experiences the better you'll get at tracing thoughts to joy or to suffering; the more laws you'll discover for yourself.

The better you understand yourself and the more responsibility you take for your outcomes, the calmer and happier you'll become.

NOTE: As you begin seeing how powerfully your thoughts alter your circumstances you may begin trying to judge others by extrapolating from their circumstances to their character.

But here's the thing...

Don't Judge Others By Their Circumstances

The truth is, it simply doesn't work.

You won't have a full view of their circumstances (either now or as they change).

You won't have a full view of their actions.

You won't understand how those actions are influenced by their various virtues and vices.

And you won't understand what circumstances bring them happiness or suffering.

Conclusion? Don't waste your time and energy judging others.

Instead...

Focus On Changing Yourself

STOP seeing circumstances, experiences or people as obstacles to joy and to happiness.

STOP talking about luck or misfortune or chance.

START seeing circumstances and **experiences** as opportunities for **application** and **self-analysis**.

If you want to change your circumstances, first change your thinking.

If you want to protect your health or beautify your body, first guard and beautify your mind.

If you want to achieve great things, turn your thoughts to a major definite purpose, work out the straightest path to get there and devote yourself single-mindedly to pursuing it.

Note: Be wary of giving way if success is assured as this is a quick path to failure.

But remember, even if you don't accomplish your goal, the strength of character and self-control you build in the process will raise the

foundations on which you build your next attempt.

And if you need help taking action...

Create a Clear Vision and Ideal of Success

Turn your thoughts to beautiful visions and lofty ideals.

Dream aspirational dreams about the person you'll one day become.

Allow those thoughts to take possession of you; allow the unrest you feel in the gap between your dreams and reality to drive you to action and progress.

Apply yourself.

Analyze your **experiences**.

Change your thoughts with unceasing effort and practice until you realize the visions you've created and become one with your ideal self.

Discover the serene equanimity that comes only with understanding and mastery of the self.

Remember: *"You will fall, remain or rise with your thoughts, your Vision, your Ideal. You will become as small as your controlling desire; as great as your dominant aspiration."*

Change your thoughts.

Master your mind.

And you'll transform your life and results.

Best As a Man Thinketh Quotes

These As a Man Thinketh quotes come from [TANQ](#) - **The Art of Living's** growing central library of thoughts, anecdotes, notes, and [inspirational quotes](#).

"A particular train of thought persisted in, be it good or bad, cannot fail to produce its results on the character and circumstances. A man cannot directly choose his circumstances, but he can choose his thoughts, and so indirectly, yet surely, shape his circumstances."

- [James Allen](#), As a Man Thinketh

"Act is the blossom of thought, and joy and suffering are its fruits."

- [James Allen](#), As a Man Thinketh

"Man is buffeted by circumstances so long as he believes himself to be the creature of outside conditions, but when he realizes that he is a creative power, and that he may command the hidden soil and seeds of his being out of which circumstances grow, he then becomes the rightful master of himself."

- [James Allen](#), As a Man Thinketh

"Men do not attract that which they want, but that which they are."

- [James Allen](#), As a Man Thinketh

"Not what he wishes and prays for does a man get, but what he justly earns. His wishes and prayers are only gratified and answered when they harmonize with his thoughts and actions."

- [James Allen](#), As a Man Thinketh

"He who would accomplish little must sacrifice little; he who would achieve much must sacrifice much; he who would attain highly must sacrifice greatly."

- [James Allen](#), As a Man Thinketh

"Self-control is strength; Right Thought is mastery; Calmness is power. Say unto your heart, "Peace, be still!""

- [James Allen](#), As a Man Thinketh

As a Man Thinketh PDF Summary

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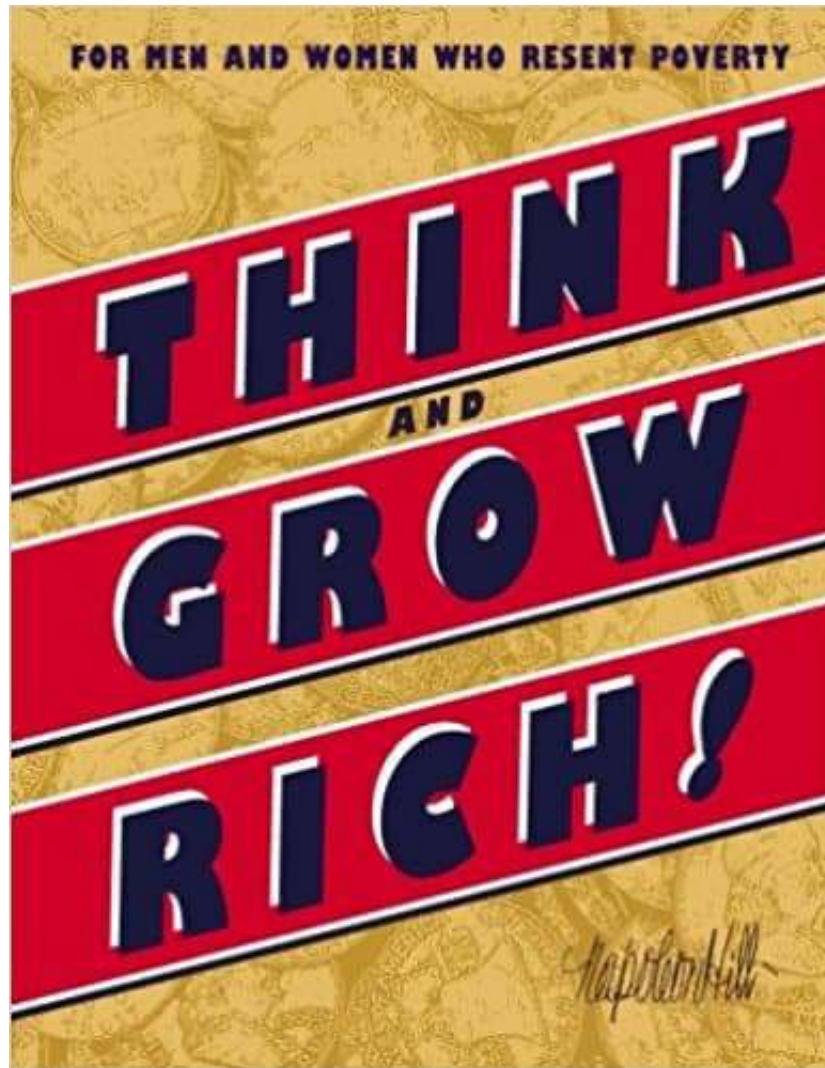
Note: Direct link to PDF. No email required.

Read More: 5 Books Like As a Man Thinketh

Enjoyed this As a Man Thinketh summary? You might enjoy the rest of the books on these lists of the [Best Mindset Books](#) and [Best Self Help Books](#) of all time.

And in the meantime...

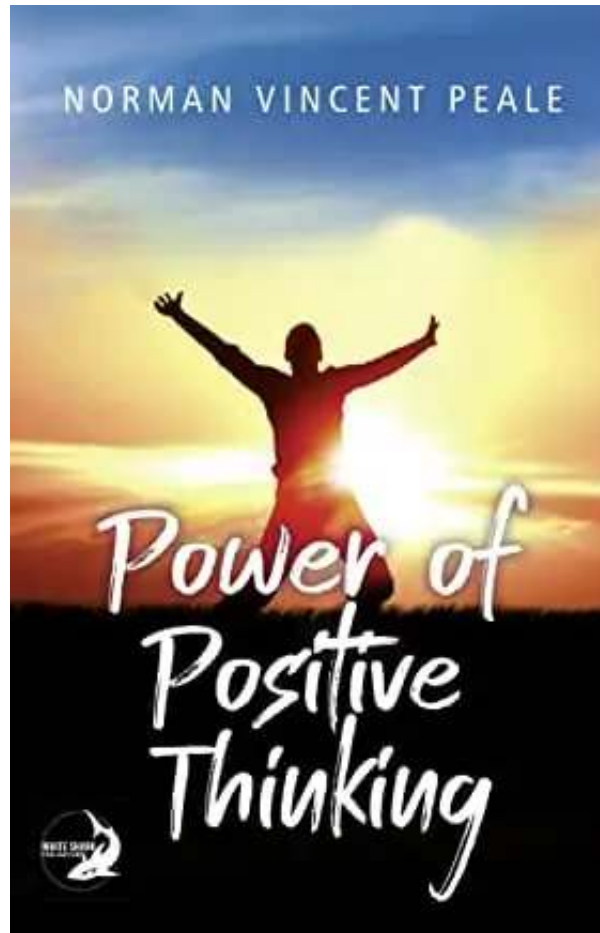
Here are 5 top books like As a Man Thinketh...



1. [Think and Grow Rich](#) - [Napoleon Hill](#) ([FREE Summary](#))

Think and Grow Rich is a best-selling book of all time and a cornerstone guide to the Law of Attraction and the role of the subconscious in transforming your life - by a titan of the self-help genre, Napoleon Hill.

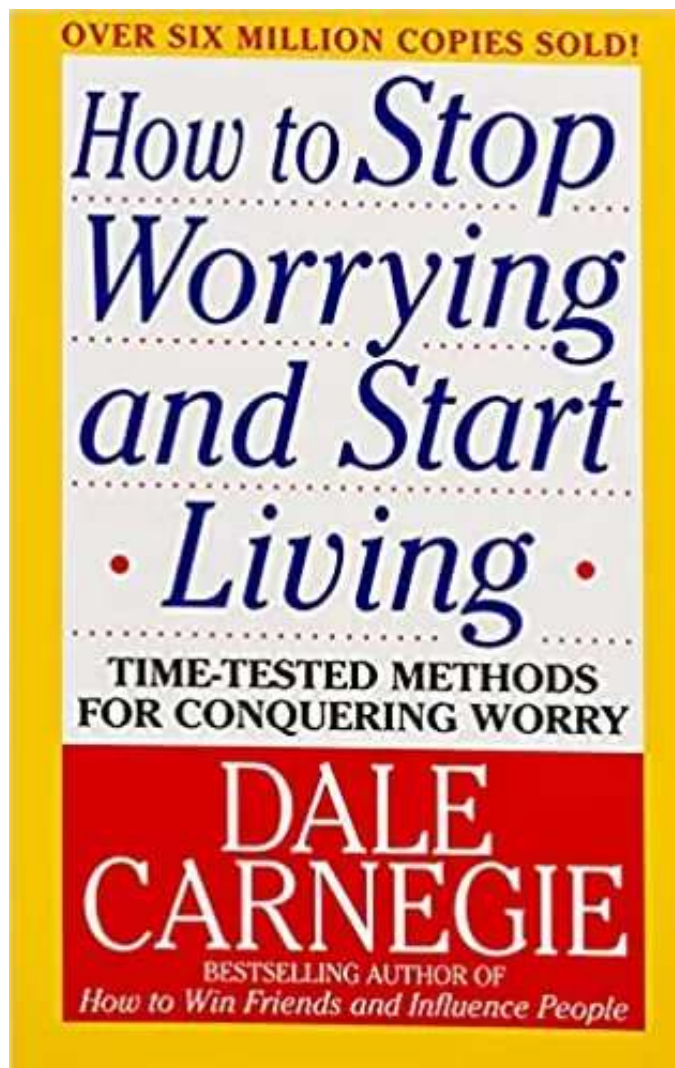
Published 1937 // 233 pages // Rated 4.2 over 254,900 reviews [on Goodreads](#)



2. [The Power of Positive Thinking](#) - [Norman Vincent Peale](#) ([FREE Summary](#))

The Power of Positive Thinking reminds us that we don't need a PhD in Human Relations to live our best lives if we can learn a few tricks to change how we think - by minister and best-selling author Norman Vincent Peale.

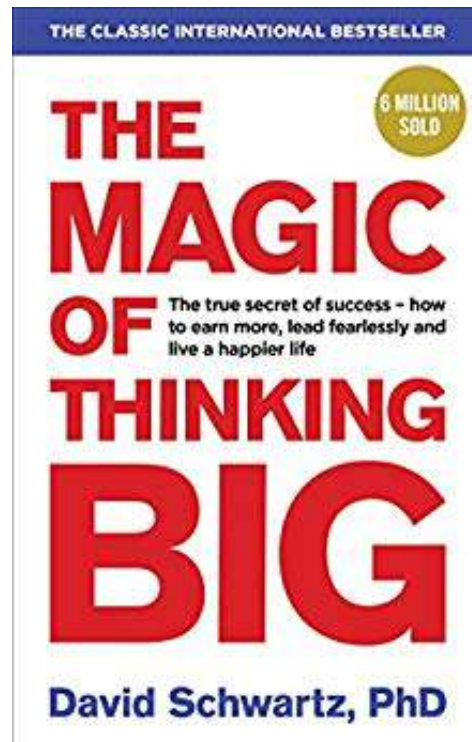
Published 1952 // 128 pages // Rated 4.1 over 96,300 reviews [on Goodreads](#)



3. [How to Stop Worrying and Start Living](#) - [Dale Carnegie](#) ([FREE Summary](#))

How to Stop Worrying and Start Living is a practical, common-sense bible filled with stories, case studies and simple step-by-step guides to conquering worry, anxiety and depression - by self development guru, Dale Carnegie.

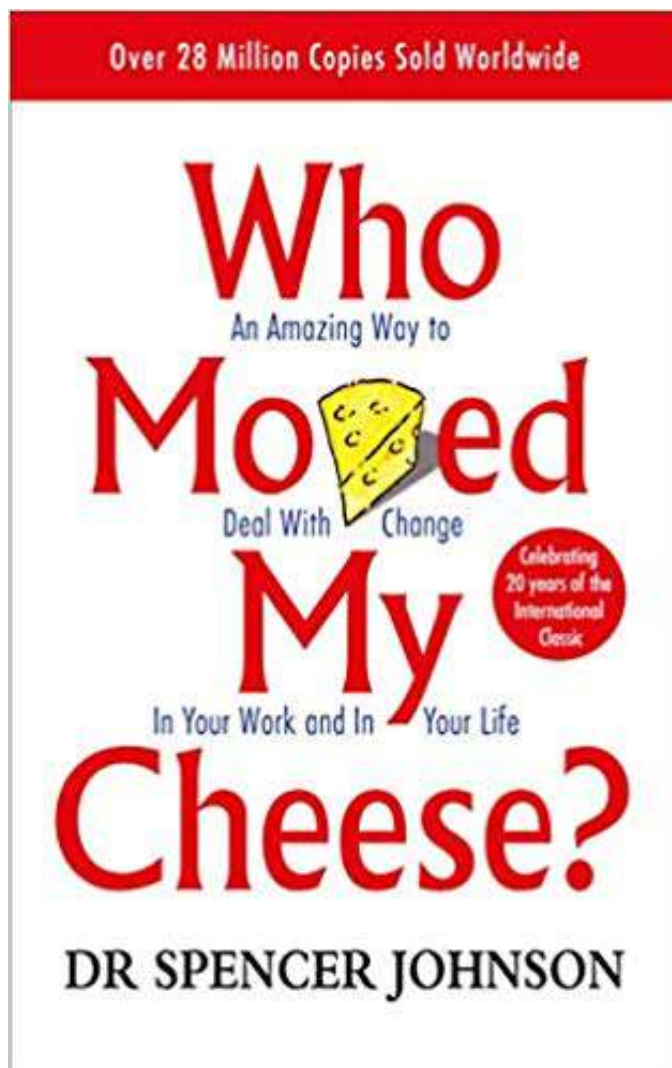
Published 1944 // 358 pages // Rated 4.1 over 87,800 reviews [on Goodreads](#)



4. [The Magic of Thinking Big](#) - [David J. Schwartz](#) ([FREE Summary](#))

The Magic of Thinking Big is a powerful, practical and uplifting book to help get you out of a rut, invigorate your goals and empower you towards success - by life-long motivational writer and coach, David J. Schwartz.

Published 1959 // 320 pages // Rated 4.2 over 77,300 reviews [on Goodreads](#)



5. [Who Moved My Cheese?](#) - [Spencer Johnson](#) ([FREE Summary](#))

Who Moved My Cheese is a short, light-hearted parable about the different ways we respond to life's changes and how doing so skillfully can help us find more success and happiness in our lives - by best-selling author, Dr. Spencer Johnson.

Published 1998 // 96 pages // Rated 3.8 over 405,300 reviews [on Goodreads](#)

Wish There Was a Faster/Easier Way?

Whenever you're ready, here are four ways I can help you be more productive, find more balance and live life more on purpose...

1. **Curious? Discover how productive you really are...** Take this free, 2-minute assessment to unlock your PQ and discover the top 25 habits you need to get big things done. [Take the 2-minute quiz →](#)
2. **Overwhelmed? Get a free chapter of my book...** Let me show you how to beat procrastination, permanently, with this free sneak peek inside **TAoL**'s ultimate productivity primer. [Download your free chapter →](#)
3. **Stuck? Grab a 90-Day TRACKTION Planner...** Get the tool thousands trust to help them take control of their time, master their habits and hit goals in every part of their lives. [Order your 90-day planner →](#)
4. **Burned out? Join the TRACKTION Community...** Take the 6-week masterclass, get weekly group coaching, find accountability partners and connect with like-minded self-starters. [Get started FREE →](#)

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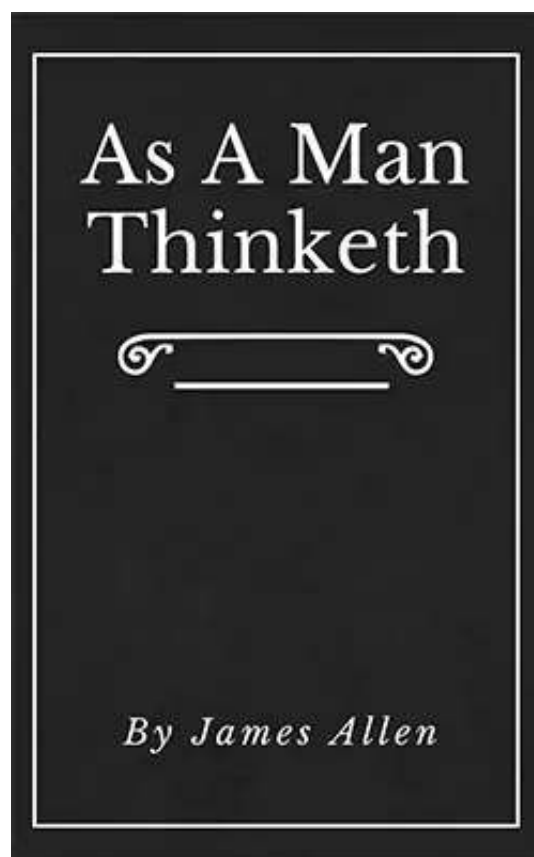
5 MINUTE READ | THE #1 ranking, uplifting, pocket-sized pep-talk on the power and importance of changing your thoughts as the cornerstone to changing your life - by philosopher and prolific self-help author, James Allen.

URL: <https://amzn.to/3Bi2nV5>

Author: James Allen

[Arthur Worsley](#)

I founded **TAoL** to discover and share the best wisdom on how to live long and prosper. Before that I studied Psychology, Philosophy & Physiology at Oxford and consulted at McKinsey. **Still curious?** [Learn more](#) or [take my FREE](#)



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