

Ben Suarez Collection:

Fascinations

Ohio Man Discovers The Secret of How to Escape The American Rat Race

Here are some highlights of the qualities of the system:

- The system requires a minimum of time and money to start.
- You don't need special experience or skills to do it.
- You don't need to buy or rent buildings, buy or rent equipment and you don't have to hire people.
- You can do it anywhere -- in your house, while you travel or a favorite vacation spot or retreat.
- With the system you can earn \$10,000 to \$500,000 in a matter of months and even within two days depending on which system you assemble.
- The money you make is all earned income which is subject to one of the lowest tax bites.

Fountain of Youth Discovered By Little Known Civilization Over 2300 Years Ago

Here are some of the highlights of the Hunza's health practices:

- A food substance that increases the amount of calories your body will burn each day thereby allowing you to eat more without weight gain.
- A technique which unlocks the body's natural disease curing and reconstructive mechanism.
- A simple routine that allows you to lose weight the most rapid way possible. It consists of cycles where you fluctuate between doing something and not doing it.

- The secret of the perfect complexion of the Hunza women. A fruit oil which eliminates a wrinkle causing skin deposit. The oil is also a natural skin preserver.
- An exercise and a lotion which eliminates excessive falling hair and dandruff in men and brings on new hair growth. For women it brings on thick, luxurious, fast growing hair.
- A mineral and two minute exercise which eliminates prostate problems in men right now and forever.
- The quickest and most efficient physical fitness system which gives you strength, endurance and toned skin and muscles. It takes only 68 minutes a week. One exercise is four minutes each day and the other exercise is 40 minutes once a week.

THE SECRET OF HAVING GOOD LUCK

Newest Discovery By I.A.A May Be Biggest In The History Of Astrology

- The LIFE-LUCK HOROSCOPE reveals the following:
 - WHERE, WHEN and HOW you will be lucky.
 - How to take advantage of your lucky opportunities.
 - How to increase your good luck.
 - How to avoid bad luck.
- The horoscope covers how you can be lucky, depending on your horoscope, in the following areas:
 - Love - Job - Career - Investments - Stocks - Commodities - Oil Wells - Bingo - Lotteries - Cards: Poker, Black Jack, Baccarat - Horse Racing - Dog Racing - general Games - Keno - Sports - Tip Boards - Contests - Raffles - Sweepstakes - Roulette - Slot Machine - Dice - Parlays - Legal Matters
- The LIFE-LUCK HOROSCOPE also defines the following items:

- Your Lucky: Years, Months, Days, Hours, Numbers, Colors, Metals, Stones, People (Their Signs And When They Were Born). How To Create Lucky Vibrations, How to Create A Lucky Attitude

PEOPLE IN THIS STATE OF THE UNION SEEM TO HAVE DISCOVERED THE SECRET OF YOUTH, HEALTH AND STAYING SLIM

Did you know that:

- You were designed by nature to live an average age of 105?
- A high protein-low carbohydrate diet is unnatural for you and dangerous to your health?
- Overweight is caused by bad nutrition which also causes other common visible disorders such as: loss of hair, acne, arthritis, nervous tension, insomnia, etc.
- Senility, and loss of productivity in old age can be avoided and in fact is not in nature's plan?
- The average American diet creates a perfect blood chemistry for the growth of harmful bacteria that leads to both minor and serious diseases?
- You can get high without the use of drugs if you have the proper nourishment that nature intended?
- Everything you need to lead a longer, healthier life is right at your local grocery store?

It is not enough, however, to only know the ingredients of good health. You must know how and in what combination to use honey, vinegar and other vital products of nature. Dr. Jarvis has published the results of his life-long study of VERMONT FOLK MEDICINE in his book titled FOLK MEDICINE. In everyday language he tells you how to use VERMONT FOLK MEDICINE. Here are some of the highlights of this book:

- How VERMONT FOLK MEDICINE can help you live a longer, fuller, healthier life.
- How to use honey and apple cider vinegar to: 1) gain renewed health and energy, 2) as part of prenatal care to produce a strong healthy baby, 3) produce sound

sleep, 4) reduce the susceptibility to disease, 5) reduce the chance of heart attack, 6) produce a relaxed comfortable state of being.

- How to use honey and apple cider vinegar to treat: 1) morning sickness, 2) sinus, 3) migraine headaches, 4) dizziness, 5) arthritis, 6) bed-wetting, 7) coughs, 8) hay fever, 9) colic in babies.
- How to use apple cider vinegar, castor oil, and corn oil to 1) produce beautiful healthy skin and bring color back, 2) clear up blemishes, 3) get rid of dandruff, 4) grow healthy hair and eyelashes, 5) treat hives, 6) treat hemorrhoids, 7) get rid of moles, 8) relieve lameness, 9) treat poison ivy, 10) treat shingles, 11) eliminate night sweats, 12) treat varicose veins, 13) get rid of ringworm, 14) treat impetigo, 15) get rid of hangover.
- How to get your daily requirements of the all important minerals, phosphorus and potassium which: 1) form healthy bones, teeth and hair, 2) maintain proper growth control, 3) replace worn out tissue, 4) fight disease, 5) treat high blood pressure, 6) treat heart trouble, 7) treat migraine headaches.
- How you can rebuild your body after age 50 and be alert, active and productive in your eighties and beyond.
- How to lose weight and maintain your proper weight level with a special method using apple cider vinegar.

Inner Timing Discovered As Life's Secret Of Success – Biorhythm Tells You When

Here are just a few of the many ways you can use biorhythm to assure your own success, happiness and security:

- Know when your mind is sharp and clear. Take advantage of your intellectually high days. Schedule important interviews, tests or exams, selling attempts or important business or money decisions on these days. This is the time when your decisions are likely to be the most rewarding.
- Double your work efficiency. Schedule your heavy work on your physically high days. This is especially important in sports, too, or in starting new projects like losing weight. (It has been proven that one accomplishes very little on physical low days.)

- Improve your love life. Know ahead of time when you and your lover will have emotionally high days. These are the days to plan something special like a weekend trip or a cozy dinner for two.
- Keep your good health. Avoid exposure on physical low days. This is when you are least resistant to colds, infections and other serious health problems. It is also the time when setbacks often occur.
- Win money on sports predictions. Know the biorhythm charts of golfers, tennis players, jockeys, quarterbacks, pitchers, etc. Check their highs, lows and critical days. All that you need is their birth dates.

Startling Benefits Of Transcendental Meditation Being Discovered By Millions Of Americans Each Month

What Does It Feel Like to Meditate?

The experience of meditation itself is difficult to describe, but certain impressions do occur with which we can easily identify:

- A feeling of relaxation permeating your every fiber, sometimes leaving you feeling wonderfully limp.
- An aura of peacefulness and pleasantness encircling your whole being like a golden ring.
- A distinct sensation of floating or drifting. It seems as if you can actually feel the gentle, seating motion.
- A delicious feeling of drowsiness closely resembling those last few moments you can remember before falling asleep, sometimes you may even believe you were actually sleeping, yet you can hear what is going on around you.
- A feeling of security as if you are wrapped in a blanket of warmth which protects you from the cold.

How A New Astrology Technique Can Tell You What To Do Hour By Hour To Immediately Start Getting The Good Things In Life And Avoid The Tragedies

Here are summarized highlights of The Life-Luck Mega-300N Daily Horoscope:

- Gives you approximately a 50 word summarized forecast each and every day based on: 1) Your natal horoscope chart, 2) The newest advancements in astrological technology resulting from I.A.A.'s five year, nationwide research program.
- With the aid of the IBM 370-145 computer, one of the world's top astrologers, Cary Franks, in effect, talks to you each day, giving you forecasts, advice and instructions. This new technique actually enables Cary Franks to personally get involved in your life and actually express her feelings.
- Warns you of potential danger in the following areas: legal, marriage, health, family, job, money, other persons potentially dangerous but unknown to you. Your free will can override danger potential if you know about it. Cary pinpoints your potentially dangerous days and gives you specific instructions on how to avoid the danger.
- Assures that you will take advantage of your good opportunities – especially the big ones that may only knock once. This covers: career, inheritance, business, investments, family, and marriage.
- Gives you a daily luck forecast using techniques developed in other special research projects on luck and the special Life-Luck Mega-300N is the first to give a luck forecast in day-by-day detail. Each day you are informed of your following lucky item for the day: lucky numbers, lucky colors, lucky people, your hottest lucky hours. You know when to gamble, where to invest, when to be active socially and sexually.
- Lets you know when not to initiate or start things. This is called your Void of Moon calculation which is one of the most important in astrology. Depending on your horoscope, there are certain Void of Moon hours occurring nearly every day in which you should not: sign legal contracts, sign papers to start a business or a partnership, get married, buy or sell things, etc. This astrological feature is used by many large corporations and has always been used throughout history by rulers of just about every nation.

- Gives you advice on your personal well being, psychological health, physical health, and personal happiness.
- Gives you a luxury enjoyed by all the rich and famous people of the world – your own personal astrologer. (Many feel astrology is how the rich and famous got rich and famous, and astrology is why they did it that way.)
- This holder comes personalized with your sun sign artwork.
- Makes a rich looking decoration for your home or office. Made of the top grade of leather grain vinyl in dark walnut brown, decorated and lettered in antique gold.
- Contains a special slot for a personally prepared LUCK SUMMARY CARD. This card summarizes your astrological luck directives: your overall lucky number, colors, days, times of year, investment areas, etc. (Your Life-Luck Mega-300N Horoscope gives you a detailed forecast by day.)
- Contains a standard calendar for your convenient reference.
- Special slot for your Life-Luck Mega-300N Daily Horoscope. Show you a whole week at a time.
- Extremely versatile – can be placed upright or semi-flat on desk or furniture top, can be hung on a wall, can be folded flat to look like a small book in case you want to keep your new advantage a secret.

PRIME KNOWLEDGE TEACHES YOU HOW TO GET RICH, BUT IS NOT TAUGHT IN SCHOOLS

Here are some truths behind the myths PRIME KNOWLEDGE explodes:

- To make money you don't have to have a lot of money to start with. You don't have to get bank loans, have stockholders or go to venture capitalists.
- To make money you don't have to have a special talent, like an artistic talent, athletic talent or any of those things propagated by movies and TV.

- To make money you don't have to do it slowly, nor is there any sin in making money first.
- To make money you don't have to build buildings, buy equipment and hire a lot of people.
- In fact, after you have PRIME KNOWLEDGE you will find out that you can make the most money and make it fastest with the least amount of hassle right at your kitchen table without ever leaving your house.

I have just recently produced what I call THE TOTAL PRIME KNOWLEDGE EDUCATIONAL PACKAGE. You may use this package to make money totally on your own or you may join a specific ongoing program I created. Here are some of the highlights of this educational package:

- With THE TOTAL PRIME KNOWLEDGE EDUCATIONAL PACKAGE you get an education in PRIME KNOWLEDGE in two weeks or less.
- After this two-week period you will know the real way to make money. You will have an unlimited number of choices and you may pick on that best suits your personal taste. You will immediately be able to start on a money-making program.
- With THE TOTAL PRIME KNOWLEDGE EDUCATIONAL PACKAGE it is possible to realize your goals without ever leaving your home, without ever seeing or meeting anyone, and without ever touching products. Money-making projects can be completed quickly and easily and provide you with an Income that could equal or surpass my accomplishments.
- Included with your PRIME KNOWLEDGE EDUCATIONAL PACKAGE will be an opportunity for you to join my exciting program which is a marriage of the two best ways ever developed for the working person to make money using PRIME KNOWLEDGE. There are already thousands of people across the nation on this program and I have agents in nearly every major city in the country to assist you, if need be, to get started on my program.

OUR RESEARCH STUDIES SHOW HIGH PROBABILITY THAT PEOPLE BORN IN THE FOLLOWING YEARS WILL EXPERIENCE UNIQUE ACTIVITY WITH RESPECT TO LOVE AND MONEY VERY SOON.

First let me describe the contents of this new horoscope. Based on your personal birth day, THE LOVE-MONEY horoscope contains the following information:

- WHEN in your coming life you will acquire the most money.
- WHEN in your coming life you will experience the most romantic activity with respect to love affairs and marriage.
- WHEN your career will blossom.
- WHEN you will come into money through investments, business adventures, enterprises, inheritances, etc.
- HOW to take advantage of your coming love opportunities.
- WHEN to socialize and seek new people.
- WHEN to pursue love affairs.
- WHEN to pursue marriage.
- WHAT types of people to avoid.
- HOW to overcome sexual hang-ups.
- HOW to take advantage of your coming money opportunities.
- WHEN to invest money.
- WHEN you can expect the most financial activity.
- WHERE to invest money.
- WHAT careers are most profitable for you.

- WHAT types of people can help you profit.
- PLUS: Three hand drawn graphs indicating when you can expect higher than normal activity in love and money over the next 20 years.

WORRIED ABOUT BEING LAID OFF IN THE COMING HARD TIMES?

Learn in 17 days how to make money on your own

These principles allowed Mr. Suarez to do the following:

- How to start your own business without any previous business education or experience – from your home if you wish
- How to generate capital yourself without selling stock or getting loans
- How to find products to sell
- And, what few people in the entire nation know: how to sell thee products or almost anything with fastest, easiest way possible, automatically without personal contact

With Mr. Suarez's book, in one week you will receive more education on how to make money on your own that you would receive in 10 years of college. And that is not an exaggeration. If anything, it is understated. Here just are few of the things you will learn from this book:

- What money really is and how it works.
- How to start your own business without any previous business education or experience even from your home, if you wish.
- How to generate capital yourself without selling stock or applying for loans.
- How to find products and services to market.
- And what only a few people in the entire nation know: HOW TO SELL ALMOST ANYTHING EFFECTIVELY THE FASTEST, EASIEST WAY POSSIBLE, AUTOMATICALLY WITHOUT PERSONAL CONTACT.

The 7 myths about weight loss and shaping up that will keep you fat and flabby

These 7 myths are:

- Myth 1 – I can lose fat by going on a low-calorie diet only. I don't need to exercise.
- Myth 2 – All I need to do to lose fat and shape up is minimal exercise such as walking or golf.
- Myth 3 – I can lose fast and shape up by eating vegetables and pasta and doing aerobic exercises such as jogging, tennis, treadmills, stair machines, exercise bikes, ski machines or aerobic classes.
- Myth 4 – I don't want to do weight exercise (anaerobic exercise) because I don't want to gain muscle, and when I stop exercising, the muscle will turn to fat.
- Myth 5 – Anaerobic exercises done with weights take too long and do not feel good.
- Myth 6 – I already have my own set exercise routine. I do the same thing each week and I'm comfortable with it.
- Myth 7 – I don't need professional help to lose weight and shape up. I get tips from other people in the gym.

Would you spend \$100.00 for something that could give you peace of mind?... maybe save a life?

Have you ever:

- Worried about a noise outside of your home in the middle of the night?
- Worried about a son or daughter alone at home or babysitting in a strange home?
- Worried about the safety of hotels or motels when you're traveling?

Here are just a few uses for the SL-5:

- Take it with you when you travel to secure your hotel or motel room.
- Can be used by babysitters when on the job in homes of other people.
- Can lock other doors in your home where privacy or security is needed. Such as bedroom or bathroom doors, which either have no lock or the type of lock can be opened with a small screwdriver from the outside.
- This lock can lock doors at your place of work or business, such as an office, where privacy is required.

David Ogilvy Collection:

Fascinations

Every secret but one* is in this book

No other book about advertising has ever told so much about what to do and what to avoid – all based on personal experience. And no other book has told it with such authority, such skill, and with so much good humor. Everything you want to know about advertising is here, and it is written with a disarming distaste for humbug.

Some typical examples:

- How to get good accounts, and how to avoid losing them.
- 19 ways to make potent TV commercials.
- What simple change in an ad can increase sales ten times.
- 10 questions to ask yourself before you fire your agency.
- 8 ways to test your advertising – and why it's important to test.
- 10 rules for making your mark as an agency employee.
- 8 simple devices that can stir your creative process.
- 11 commandments which make for good advertising.
- Why it's dangerous to siphon dollars away from advertising for "promotions".
- 10 rules for writing good headlines (the headline does 80% of the job; 5 times as many people read it as read the copy).
- The only time to stop running a good ad.
- 29 words that add power to a headline.

- 6 emotional words that can strengthen a headline (one example: “Darling, I’m head over heels in DOVE”, used by a girl in a bathtub telephoning her lover).
- 10 basic rules for writing good copy.
- 15 tested tips for illustrating advertisements and posters.
- Why photographs sell more than drawing.
- How advertising can stop people buying a product.
- The magic ingredient which forces readers to look at your ad.
- What Ogilvy told a prospective client who gave him only 15 minutes to make his pitch.
- Why an agency must never take on an account it cannot afford to resign.
- Nine things a client must do to get the most out of his agency.
- 17 ways to make long copy more readable. (One item alone can increase readership by 12%).
- A secret about coupons that makes them pull 80% more.
- 22 commandments for advertising food products.
- 7 patterns of employee behavior that will guarantee rising to the top in advertising.
- 6 guides for advertising proprietary medicines.
- The perfect hobby for advertising careerists.
- The smash hit commercial which Ogilvy wrote in his sleep.
- 7 recipes for refreshing vacations, and why vacations are important.
- 10 hints to Account Executives (why premature baldness may be an asset, etc.)

- 9 ways to improve travel ads.
- Why new products are easier to advertise than old ones (and what to do about making the old ones seem new).
- The two most powerful words to use in a headline (one of them can seldom be used; the other should almost always be used).
- Does advertising corrupt newspaper and magazine editors?

Eugene Schwartz Collection:

Fascinations

THE SEVEN DEADLIEST CRIMES AGAINST YOURSELF

Are You Guilty of Any of Them?

1. How many times in the last 24 hours did you risk a heart attack or an ulcer – simply because you didn't know a little fact about proper breathing?
2. When was the last time you snapped at an imagined insult – and lost a true friend?
3. Are you missing respect and popularity – by a hairsbreadth – because you're overlooking a simple principle of human dynamics?
4. Is insomnia ruining your life – because you're omitting a 20-second, nightly routine?
5. Are you starving yourself sensually – without even knowing it? Without knowing what to do about it?
6. Do you cause secret misery to loved ones – when you're actually trying your hardest to help them?
7. Are you leaving yourself open to daily tensions that can snowball into disastrous "blow-ups"?

Here are just a few secrets of successful living in YOU ARE NOT THE TARGET:

- How to conquer love-starvation.
- Sensual Pleasure. (You may never have really experienced it before.)
- A simple body rhythm – more beneficial than strenuous exercise. (This is the famed isotonic routine endorsed by the U.S. Olympic team.)

- “Rubble Freedom” – a giddy technique to clear your thinking. Ingredients: one pan of water and plenty of fun.
- How to start liking yourself. (You’ll be surprised how much more others will like you.)
- The story of a beautiful girl haunted by a ghost – that will help you vanquish the ghosts in your life.
- How to deal with pain.
- Something you can do anywhere, anytime – to help stop wrinkles.
- That fantastic value of silence.
- Delicious, natural substitutes for chemical tranquilizers.
- SPECIAL FOR YOUR CHILD – Some common sense advice that can do wonders for his self-confidence at school – plus a tip on how to get him to eat carrots – or any other food he thinks he hates.
- When a headache strikes – strike back! And throw away habit-forming drugs.
- How to feel even better at the end of each working day than you did at the beginning.
- Three things you must never say to your children – but almost everyone does.
- Miraculous water therapy – for sound sleep. It takes 20 seconds. It doesn’t disturb your nightly routine.
- Master rules that cover what to eat and what not to eat – to keep healthy.
- How one dynamic executive in an “ulcer job” never loses his peace of mind and never gets heartburn.
- How to breathe and stretch – for magic dividends in healthy and beauty.

- SPECIAL HELP FOR THE SERIOUSLY TROUBLED – if you are one of the lucky people who have learned to live successfully in this modern world, why not share this great gift with a troubled friend or loved one? Introduce him or her to the therapies in this book. (You'll probably find that the counsel you've been meaning to share is strikingly close to the principles in YOU ARE NOT THE TARGET.)
- How to combat your “enemies” – in a way much more satisfying than slugging them – or snubbing them.
- The judo of dealing with tension.
- Three minutes that can end auto accidents.
- How to add glamour to all your cooking all the time.
- How to get rid of compulsion, fear, embarrassment and envy.
- How to cut down on smoking – painlessly and naturally.
- A simple, effective device that actually recharges your home with exhilaration. (The ancient Persians and the Moors discovered it – science has verified it.)
- The one nonsense syllable that makes sense. Use it the next time you get into a mental rut.
- Secrets of confidence for daily living – discovered by a leading anaesthetist in the operating room.
- How to delve into your subconscious – and release untapped resources.
- A mental approach to improve your figure and your posture – without moving a muscle or counting a calorie!
- Techniques for unblocking your creative capacity. (This alone could mean the difference between success and just “getting by” in your career.)
- A reprieve for your heart – if you follow some simple advice.
- What sleeping with a loved one can mean.

- Ageless lessons from a Hindu God – to his beloved.
- To hell with caution! Dedicated to those over 40.
- How to be human – in an inhuman world.
- And much, much more!

How to Stay Young till 90

The methods this program uses to achieve these goals are equally simple – and, again, surprisingly gentle. They are:

1. A series of one-or-two minutes-a-day exercises for your face – designed to combat premature wrinkles and restore the smooth, sharp outlines of youth.
2. A direct attack on the stored-up emotional poisons in your body that eat away strength and youth like internal acid. This attack on these poisons consists of a series of exhilarating new exercises which take as little as three minutes a day – half of which you spend resting.
3. A new way to lose weight – not a diet – designed to change your present suicidal eating habits in 24 to 48 hours. And to break at last the vicious fat-multiplying cycle inside your body, that causes you to put on more weight, from less food, than your thin friends. And...
4. A series of surprising, and sometimes actually startling, solutions to your most serious everyday health problems – including fatigue, hypertension, indigestion, high blood pressure, and much, much more.

What is the price of Renewed Youth and Vitality? As Little as Five Exhilarating Minutes Every Day.

First, you start to peel off years from your appearance:

- On page 35, you learn the one-second prescription that automatically causes you to stand more erect (no, you don't have to pull in your stomach, but the results are startling nevertheless).

- On page 124, you're given six-second facial exercises... wrinkle exercises... bags-under-the-eye and age-line exercises... that Dr. Martin recommends for every man, as well as woman, who wants people to gasp in astonishment when you tell them your real age.
- On page 144, you're shown how the way you eat may contribute as much or more to your overweight problem as the actual foods you eat.
- And then on page 150, you're given the medically-proven, fastest-possible way to lose excess pounds. Again, this is not a diet at all. And the greater your excess weight, the faster this method works.

But this is just the beginning. Now you go on to tap vast new stores of strength, endurance and energy, like this:

- On page 25, you're shown the scientific secret (time to learn; 10 seconds; time to perform; 3 seconds), that guarantees you will sit properly – and therefore cut your desk fatigue in half.
- On page 42, you're shown how to “relax yourself ahead”. Develop the grace under pressure that marks the champion athlete, and the champion executive. Outstrip your less well-informed competitors who tear themselves to pieces in the mistaken belief that they can win through pressure, anxiety and tension. Keep going at full speed when they're wilting around you like dead flowers.
- On page 58, you're shown how you can cleanse your internal organs (your heart, lungs and bloodstream) of tension and fatigue in as little as three minutes a day. Try this tomorrow night when you come home bone-weary from work – when you're wound up tight as a drum – and see for yourself how it pumps so much new energy back into your system that you can out-dance your teenage son till two A.M.
- Yes, and on page 118, you'll learn how Dr. Martin recommends as little as only 1 ½ minutes of basic exercise every day. Is this too much to ask from you to obtain new protection from heart attacks, new youthfulness, new vitality every single day of your life!

How to Defend Yourself Against the HUMAN PARASITES Who Want to Rule Your Life!

Here are just a few of the traps it can free you from – starting with the very first evening you open its cover:

- The Only Real Way to Win Other People's Hearts and Minds! BY SATISFYING YOURSELF FIRST!

One word of warning, however" this book is full of paradoxes. Statements (like the one above) will seem ridiculous at first glance – perhaps even frightening. But then, as you read on, they will reveal themselves to be filled with the deepest and most ingenious truth.

For example:

- Page 215 shows you why you must NEVER try to justify yourself when someone belittles you. And how to destroy their attack by doing nothing.
- Page 66 shows you why the person who is trying to overwhelm you with their importance, is actually begging you for the one thing all their money can't buy. And why, if you know the right way to look, you will actually find such a person "naked under their mink coat."
- Page 24 shows you why fear, hate, anxiety are not true emotions in themselves, but are the disguises inside you for another, hidden emotions from your childhood. And why, when you unmask this underlying childhood-delusion, fear of others seems to disappear overnight.
- Page 178 shows you why when you feel "guilt" about a bad habit, you double its power to make you repeat it again.
- And page 181 demonstrates that no amount of willpower is of the slightest use in giving up those bad habits. And why, if you want to break them for good, you have to relax yourself out of them.
- And then, starting on page 194, you are forced to confront the supposedly "Unsolvables" personal problems that are turning your life into shambles - and learn why they may actually be the easiest to solve of all.

- Again, you are shown the paradox that the more years such a problem has plagued you – and the “messier” you believe it is now – then the quicker the true solution can take over. ONCE YOU STOP FIGHTING THE PROBLEM, AND LET IT BEGIN TO CURE ITSELF!

FROM 4 PACKS A DAY TO ZERO, IN 4 HOURS!

We are not going to describe these methods in this ad. You must study them yourself to realize their full power. But we will say this: ONE BRIEF HOUR WITH THIS BOOK – before you start to stop – WILL CONVINCE YOU OF ITS OVERWHELMING POWER!

- When you learn – on page 7 – that it does not take willpower to quit cigarettes!
- When you learn – only a few minutes later – that the very difficulty you have had getting off cigarettes before, may be the greatest weapon you have working for you from this moment on!
- When you realize with joy – on page 15 – that now “giving up this stabilized habit (irrespective of how addicted, how defeated, how discouraged you may feel, or how many times you have previously tried to stop) involves no physical withdrawal symptoms”!

Are The Foods You Are Eating Today STARVING YOUR BRAIN?

The entire book is the dedicated work of Judge Blaine, who has winnowed thousands of cases to help you see the nutrition cause of your own problems – and how a simple, pleasant way of eating may quickly help you banish troubles like this.

- Are you depressed, nervous, unhappy? Read a doctor’s storey about a woman with marriage troubles who had been deeply depressed and miserable all her life. She got rid of her misery – thanks to simple changes in nutrition and a vitamin you can buy in any drugstore. (page 41)

Does any member of your family suffer from schizophrenia?

- Read a letter from a young man who conquered schizophrenia – not through psychiatry – but through simple changes in nutrition. This letter also reveals significant food traps for schizophrenics. Even if you are not schizophrenic,

avoiding these same food traps may make a priceless difference to your health and peace of mind. (page 104)

Do you suffer from gastro-intestinal sluggishness?

- This (and scores of other common symptoms) can be a warning of blood-sugar deficiency. Read about a simple food supplement that is known by several names. Get it by any name! See how it aids the entire gastro-intestinal tonus. (page 156)

Extra added bonus –

Have you had, or are you threatened by heart failure or stroke?

- See why your present meals may contain a “heart mistake” food that nobody ever warned you about before. And why you may be avoiding a delicious type of food that should not both your heart in the least! (page 126)

FOOD IS YOUR BEST MEDICINE

Once again, Dr. Bieler’s entire life has been devoted to the deep belief that you can often get rid of most miserable illnesses – health-wreckers like arthritis, asthma, edema, ulcers – even some tumors, kidney and liver ailments, premature aging, loss of glandular function – all with the diet given you in this book of nothing more than certain easy-to-obtain foods that **HELP THE BODY FLUSH AWAY HEALTH-CORRODING TOXINS!**

For example –

- The case of the 55-year-old woman who was weak and ill with swollen, painful, arthritic joints: high blood pressure; insomnia and overweight. Now this woman says, “There is not a single twinge or pain any more,” and she is in great good health and at her proper weight. (Read the way she did it – with FOOD as her major medicine – beginning on page 19.)
- The same priceless principle, and “FOOD medicine,” healed a dangerous discharging ulcer that kept a man bedridden. Don’t miss this story (page 200) and the key paragraphs that follow it.

- The same simple nutrition methods cured a man who was too weak to sit up, with a body temperature of only 93 degrees, a highly irregular heart and other symptoms of advanced, deadly hypoadrenia. After 11 days of Dr. Bieler's food treatment, he felt fine. In 32 days he was strong and capable. (Page 211).
- And above all, on page 17, read Dr. Bieler's own story! Remember, he proved his methods on himself when he was ridden with kidney trouble and asthma, and grossly overweight. In fact, when you get your approval copy of FOOD IS YOUR BEST MEDICINE, we think you'll want to turn to page 17 first and read his own personal story of his discovery of the "health magic" that waits in proper nutrition.

HOW TO AVOID A LAWYER

But let me give you an idea of the vast breadth and depth of this straightforward "backbone" legal advice – and especially how it is keyed to THE TEN LIFE-SITUATIONS THAT CAUSE THE GREAT MAJORITY OF "LEGAL WORK."

- Chapter One: SO YOU WERE HURT IN AN ACCIDENT. How to handle the claims adjuster – how to make sure your own doctor does the right thing – get double pay for lost time, legally – when and how to settle a claim – what to do if there is no insurance... and a great deal more that you NEED to know.
- Chapter Two: SO YOU'RE GOING TO BUY A HOUSE. When can you get by on an informal contract, and when is it dangerous? Is the seller entitled to 15% – 10% – 5% – what percentage as a deposit? What to look for in the mortgage. Is "Put it in your wife's name" good advice? Title insurance, deeds, how to handle the closing... and a great deal more than you NEED to know.
- Chapter Three: SO YOU'RE GOING TO SELL YOUR HOUSE. Should you pay an agent a "reasonable" fee? What fee? The discount trap. Second-mortgage do's and don'ts. How to avoid paying "points" on money the buyer borrows. Tax savings you can make when you take a deposit. Great aid at little or no cost from your bank... and a great deal more that you NEED to know.
- Chapter Four: SO YOU THINK YOU WANT A DIVORCE. Quick checklist of legal grounds. Lump-sum alimony; good or bad? What to do if your spouse won't "sign". Can both parties be "guilty"? Holding down your costs. Ins and outs or

child custody. When should you settle for a legal separation... and a great deal more that you NEED to know.

- Chapter Five: SO YOU'RE WONDERING ABOUT A WILL. Should you or shouldn't you avoid probate. How to avoid "double tax" on your estate. When can a spouse break a will? Guidelines in gauging the needs of your children. Passing property "outside the will." Do you need a will at all? Trust that saves taxes... and a great deal more that you NEED to know.
- Chapter Six: SO YOU'RE GOING INTO BUSINESS. Will you be best off with a corporation? Partnership? Individual proprietorship? What is good or bad about owning all the stock? Choosing a business name. Dangers of a 49-51 stock split. The art of collecting your bills. Buy-and-sell agreements. Partnership trips-ups... and a great deal more that you NEED to know.
- Chapter Seven: SO YOU OWE MONEY AND CAN'T PAY. What are your rights if you make partial payment? How you often can keep your car from being attached. Debts not discharged by bankruptcy. Should you ever give a creditor a post-dated check? Can you legally hide your property? The technique that gets you time and patience... and a great deal more that you NEED to know.
- Chapter Eight: SO YOU'RE GOING TO BE A WITNESS. How to handle yourself when you face a "smart" layer. Things not to say or do. How to make a favorable impression. How to handle "leading" questions. Making a deposition. Getting extra fees for being a witness. How to "Save" a contradiction in your testimony... and a great deal more that you NEED to know.
- Chapter Nine: SO THE STATE WANTS YOUR PROPERTY. Do you need an appraisal? What damages can you claim? Should you go to court? Should you ever take what you're offered? If you must have an attorney, can you regain his fees and costs? Can you ever stop them from taking your property... and a great deal more that you NEED to know.
- Chapter Ten: SO YOU'RE HAVING WORK DONE ON YOUR HOUSE. How to find a reliable contractor. Jokers to watch for in your contract. How to protect yourself against liens. Arguments with the contractor; you can win. What if a lien is filed? Do's and don'ts when you "have work done." Watch out for the "advertising special" trick. Favorite ways to get cheated... and a great deal more that you NEED to know.

Plus – One More Crucial Chapter How To Help Your Lawyer Help You

- A complete chapter on how to know when you really need a lawyer and how to find a good lawyer and get the most out of his services.

HOW TO TURN YOUR CHILD INTO A CLASSROOM WIZARD

What you are going to do, in this very first weekend, is this. You are going to make three simple tests with your child, each one of which will show you such a thrilling spurt in his ability to master facts, that you may actually throw your arms around him!

- First, turn to page 87. Read this page alone – nothing more. Then ask your child to read to himself one page in any of his books. Time him. And then, simply follow the instructions we give you to take an ordinary pencil and place it between his teeth! NOW ask him to read another age following the one rule we give you! Time him again! AND THRILL TO THE SUDDEN BURST OF SPEED YOU HAVE LIBERATED , AS HIS EYES BEGIN TO FLASH OVER THE PRINTED PAGE!
- But this is only the beginning! Second, turn to page 135. Glance over the fascinating word game you find on this and the following pages. Play this game with your child for five minutes. See how he enjoys it.
- And this is still just the beginning! Now turn to page 145 – and break mathematics wide open for him!

DOES HE MAKE THE SAME SPELLING ERRORS OVER AND OVER AGAIN?

- Then turn to page 125... teach him three fun-filled tricks that burn to correct spelling of any word forever into his mind... and watch with astonishment from that day on, as he writes those former “trouble” words – automatically – as easily and naturally as he writes his own name!

DOES HE HAVE TROUBLE EXPRESSING HIMSELF IN CLASS?

- Then turn to page 119... read every word... and see how incredibly easy it is to overcome that shyness and uncertainty – to make his recitation spark – to think instantly on his feet – to build thought upon thought correctly and dramatically –

persuade others to his point of view – stand out head and shoulders above the rest of his class!

YES! AND DOES HE FREEZE UP IN TESTS? FORGET MATERIAL HE KNEW PERFECTLY THE NIGHT BEFORE? RUN OUT OF TIME AND LEAVE HALF THE QUESTIONS UNANSWERED!

- Then get ready for the revelation of your life starting on page 195! Just take one look at this complete armory of test-passing techniques – that remove all trace of nervousness and tension from your child the moment he steps into the test room – that takes all the trickery out of those double-meaning test questions – that show him how to make even the hardest test problems half-solve themselves – that practically pop right answers into his mind!

NEW MIRACLE DRUG CAN HELP YOU LIVE TO BE 150, CLAIMS DOCTOR!

So many fantastic things happen, we can't begin to tell them all in this limited space. Here are a few brief excerpts from the detailed case histories in this book.

- Elderly, almost non-functioning man resumes normal life (see page 173).
- Crippled arthritic walks without crutches (see page 191).
- 63 year old throws off symptoms of Parkinsonism (see pages 60, 182).
- 112 year old becomes alert, interested, vital again (see page 177).
- Serious emphysema-asthma case experiences lasting relief (page 193, 194).
- Brown age spots disappear, skin regains elasticity, looks younger (page 188).
- Failing memory is greatly improved (page 169, 189).
- Eyesight, hearing become sharper (see page 52).
- Extremely bad psoriasis is cured (page 174). Sex drive is restored (pages 52, 57).
- Bald person regains full head of hair (see pictures pages 82, 83).

- 2/3rds of ulcer patients show remarkable cures (page 139).
- And much, much more!

Has this man developed the power to see into the future and control his own destiny?

Just a few of the Magic Secrets you will learn in this startling book:

- The long-life secrets of 100-year-old Tibetan Yogis and Indian Fakirs – simple routines that could rejuvenate your health – overnight.
- The three rules of money-magic that, when observed can bring you spectacular success in everything you do.
- The paralyzing thought that keeps you from true success – and how to rid yourself of it at once.
- The only prerequisite required to enter the world of magic.
- The magic of charms and mascots – how to make them really bring you good luck.
- The most powerful factor of all in working magic – that drives your subconscious irresistibly to secure whatever it is you seek.
- A new way to breathe to purify yourself and reach higher spiritual dimensions. Secrets with which the aborigine performs black magic.
- How to make horoscope predictions come true.
- The power we all have to cure disease.
- The simple magic formula that banishes fears, enables you to triumph over obstacles.
- How to use a strange kind of magic to make people love you.
- Color magic that brings warmth, health, peace of mind.

- The magic tool that stretches time.
- The startling healing power of flower magic.
- The magic key that unlocks the door to radiant health, strength, and long life.
- A kind of bread that may be slowly killing your mind.
- How to develop your natural gift for contracting other minds – without the necessity of words.
- The foods in every grocery store that make it easier for you to reach the fourth dimension and work spectacular magic.
- How to train your subconscious to warn you of danger.
- How to convert yourself into a thought-transmission station.
- How to cut off negative thoughts at will.
- How the very position you sleep in can increase your magic powers.
- How to wish for what you want so strongly that it almost automatically appears.
- Music magic that blocks pain; how it helped little children survive the Titanic disaster.
- The magic that changes the drab into the lovely, the ordinary into the extraordinary, the inferior into the superior.

You must accept the fact that we all have buried within us the power to perform MAGIC. Not the magic of the stage “Magician” – the fake, the deceiver, the “sleight-of-hand-artist.” But REAL MAGIC – TRUE MAGIC – MENTAL MAGIC that has allowed certain gifted men and women throughout the ages to reach out and control destiny, instead of suffering helplessly from it!

For example:

- How do you think the Fire Walkers of the Fiji Islands walk unscathed with bare feet on red hot cinders?
- How does an arthritic woman, hopelessly crippled for years, suddenly cure her rheumatism with a copper bangle around her wrist?
- What strange power within all of us has affected more than six thousand cures at Lourdes – cases of miraculously healing so carefully documented as to eradicate every possible chance of charlatanism?

How Your Body Can Make You Rich!

This book is designed to give you a greater mastery of Power-Learning Techniques in a single week than the average person develops in an entire lifetime! You prove this yourself, in this very first evening, when you:

1. FLASH-READ a magazine article in three minutes, a complete novel in a single weekend – and retain their key ideas so completely that you can astound your friends with your insights years later!
2. DEVELOP A POWER-PACKED VOCABULARY in only two minutes a day! Learn thousands of colorful, emotion-packed words! Make your ideas crackle with interest and excitement... hold others spellbound with the power of your conversation!
3. DOUBLE YOUR PROBLEM-SOLVING ABILITY in math, business, finance! Become a whiz at figures... double your ability to make money in Wall Street, real estate, anywhere else where you need to figure lightning fast, with computer-accuracy!
4. WRITE CLEAR, COMPELLING ENGLISH, with no “goofs,” no spelling mistakes. Skyrocket your career by making your business and social letters, memos, reports, sales letters stand head and shoulders above the crowd!
5. PASS ANY JOB OR PROMOTION TEST WITH FLYING COLORS! Whiz through night-school tests, license tests, IQ or job-qualification tests by making the right answers spring to the tip of your tongue the moment you need them!

The answer is Yes. There is a single school in the United States that teaches these skills. It is located in New York City. It is run by a European-born American, Dr. Gyula

Denes. Its students are lawyers, doctors, engineers, educators, accountants, top business executives and community leaders – all of whom pay \$1,400 each for a single course, to learn to command “Magic Parts” of their voice and hands and body YOU PROBABLY NEVER EVEN DREAMED EXISTED BEFORE!

For example:

- THE FIRST STEP: To Control The Silent Messages That Scream “Success” of “Failure” To Everyone You Meet!

Here is what these executive-students learn, the very first hour they attend this unique school (and what YOU are going to learn, in your own home next week, entirely at our risk):

1. Your body “talks”! It speaks a silent language that tells volumes about you, the moment you enter a new room or walk up to a stranger, long before you speak a single word!
 2. Right now – if you do not know the secrets given to you in this course – the odds are overwhelming that your body automatically sends out one of these three messages the instant you enter a new room: Either “afraid”, or “failure”, or “a nothing”! NINE OUT OF TEN PEOPLE’S BODIES SAY THIS THE MOMENT YOU MEET THEM! CHECK THIS FACT YOURSELF!
 3. But – most important of all – to correct this silent language... to change its message overnight to “success” – takes exactly five minutes a day for one shirt week, plus a full-length mirror, PLUS THREE “REDICULOUS” EXERCISES!
- THE SECOND STEP: To Quadruple The Power Of Your Voice – Strengthen It Like You’d Strengthen A Muscle For The First Time In Your Life!

Now you go on, and turn your attention for five or six delightful days to the second “Magic Instrument” hidden inside your body, and used correctly by only one out of every thousand human beings!

- Now you change your voice – by completely forgetting what you are saying with it, and concentrating instead on the miracle-working INTONATIONS AND ACCENTUATIONS THAT MAKE ANYTHING YOU SAY OVERPOWERING!

For example:

- Can your voice today make a person jump into action to help you? Page 161 shows you how!
- Can your voice today inject so much conviction into an argument that the other person has no choice but to agree with you? Page 153 shows you how!
- Can your voice today fill a conversational-comeback with such devastating wit that an entire roomful of people will roar with laughter at your bidding? Page 154 will show you how!
- Yes, in just six of the most thrilling days of your life, this Course will show you how to use your voice as though it were an emotional keyboard! Filled in turn with drama, pathos, sincerity, inspiration, crackling excitement and all the other VERBAL PUSH BUTTONS THAT MOVE PEOPLE – that magnetize their imaginations... trigger their own emotions... IMPEL THEM TO ACTION!

Like this –

- THE THIRD STEP: To Exert Almost Frightening Control Over Others!

Now you begin to experiment – hesitantLY at first, and then with greater and greater relish as one victor follows another – with a sense of PERSONAL POWER and PERSONAL ATTRACTIVENESS that you may never have dreamed existed within you before!

- THERE IS A TECHNIQUE to turning strangers into friends instantly and now you begin applying it – to have them seek you out in a crowded room...
- To fascinate them immediately, the moment you open your mouth, without the slightest shyness or hesitancy...
- To meet them on any social or emotions level, even if you felt they were “miles above you” only two short weeks before...
- To develop such a bond of mutual intimacy and respect that they BEG YOU to call them again, whenever you wish!

- THERE IS A TECHNIQUE to defending yourself against the “Life Wasters”, the “Social Vampires”, the “Human Parasites” who are always ready to take advantage of you, and now you begin applying it – to take an automatic “en garde” position when any one of them threatens you in a business conflict, an argument, or a struggle for another’s affection...
- To turn their own distorted words against them, and make them appear small and ridiculous...
- To devastate them with a single razor-edged remark...
- To leave them shivering and naked in other people’s laughter, while you reap nothing but admiration and applause!
- YES, THERE IS A TECHNIQUE to walking off with life’s prizes and now you begin applying it – in business, to have OTHER PEOPLE push you up the ladder far faster than your own efforts or your own talent could ever carry you... in your home life, to have even the most spoiled child respond to you with incredible new respect, new affection, complete obedience...
- In your marriage, to rekindle your mate’s interest in you OVERNIGHT, stop taking you for granted, work harder and harder every year to please you, EVEN (IF YOU SO WISH) REACT TO YOU FROM TIME TO TIME WITH OUTRIGHT JEALOUSY AT THE ATTENTION AND AFFECTION YOU NOW COMMAND FROM SWARMS OF NEW FRIENDS!

HOW TO BUY MONEY... CHEAP!

Here is what these Professional Money-Managers can do for YOU – Tomorrow:

- A million-dollar loan organization that lends you money – FREE!
- (Read it’s name, and the full details of this NO-COST, NO-INTEREST credit on page 47. And it’s just the beginning!)
- Here, as just another example, is how to get other people to substitute their credit for yours – a technique so potent that it can even be used to “rent” other people’s stock,” and start building yourself a permanent capital base, overnight!

- Here's why thousands of people are completely wrong when they say that they "can't borrow from a bank." Try this simple strategy, and watch the barriers fall! And then go on, and try for preferred rates (yes, they are negotiable – even with top banks – IF you know these facts).
- What to do if you're really strapped – if sickness or bad luck has sharply reduced your income, and you just can't keep up your present payments. Here's how to negotiate the time you need to pull yourself back – pay "interest only" for months on end... skip payment on your mortgage... without foreclosure or penalty... avoid dunning or collection... and even keep your credit rating as high as when the money was pouring in!
- (This simple strategy is so reasonable and so effective that – even if you're pushed into bankruptcy – it may actually protect your possessions, your insurance policy, the roof over your head and perhaps even your credit rating!)

But there Get-Out-of-Trouble-Fast techniques are only the beginning! Now come the real savings!

HERE'S THE MONEY YOU NEED TO LIVE THE LIFE YOU'VE ALWAYS DREAMED OF!

- Here are a dozen little-known opportunities that can save you as much as several hundred dollars a year each – and yet that take nothing more than a simple phone call or two or three minutes work with your pen!
- How to spread heavy household purchases over three months, without one penny's interest payments.
- High Finance Strategies for Homeowners: How to go to Europe on your mortgage.
- How up to \$20,000 in hidden cash may be waiting for you in your home today.
- How to borrow up to \$15,000 on a new home without a down payment. And much more.
- If you're not adopting this simple strategy on your income tax, then you may be paying up to 43% TOO MUCH!

- A Golden List of little-known College Scholarships that may save you up to \$10,000 per child.
- An extra \$300-a-month income for your wife if you die – but not from an insurance policy.
- How to travel a few miles, and save up to \$100 when you buy a new car.
- Others have used this gambit to get a full house plus a 20-by-50-foot yard in the middle of the city for only \$200 a month. Why not try it yourself?

You should retire, not at 65 but at 90 WITH THE VISION OF ONE HUNDRED HEALTHY HAPPY YEARS

How do you do this? So simply that it takes only twelve pages of this book to give you a program for surging new health and vitality that will prove to you, once and for all, that there is no longer any need to grow old!

Here you will learn (among many other facts):

- How to combat premature drying-out.
- How to rest well and completely, even in the most advanced years.
- How to end the “decaying-mind myth” forever.
- How, when certain organs of the body begin to weaken with age, other organs may actually be made to increase in strength, and even compensate for that weakness.
- The one simple difference that has allowed men in their sixties to completely outstrip other men, as much as thirty years longer, in physical tests.

YOU WILL LOSE UP TO 100 POUNDS PER YEAR

And Never Gain an Ounce of it Back!

SOME OF THE STARTLING MEDICAL FACTS YOU WILL DISCOVER IN THIS BOOK:

- The one fatal TIMING mistake that makes more people fat (90% of all overweight people do it). Not in this case, what you eat, but how you eat it. See page 19.
- The incredibly simple secret of making the same amount of food seem TWICE AS MUCH. See page 20.
- The only effective way to handle tension-eating. See page 27.
- How to deal with the extra, after-meal stimulation you need if you've just stopped smoking. In other words, how to stop smoking without gaining weight. See page 25.
- How to make artificial sweeteners go twice as far. See page 125.
- Twenty-seven Escape-Valve foods, that you can eat in any reasonable quantity. See page 120.
- "Skim-Shakes" – delicious food, and it will probably kill your "uncontrollable" craving for sweets, right on the spot! See page 122.
- How to drink with a client (or a friend) and never have him notice that you're dieting. See page 164.
- Scientific Weight-Loss Charts – detailing the exact amount that you can expect to lose each week with this diet. And why – as has often happened – if you lose twice or even three times the expected amount in the first week or two, you must consider this a lucky bonus, and guard against going off the diet the very next week!
- A strict diet in a strict book? Yes! BUT ONE THAT PRODUCES RESULTS! That gets you off the weight-loss, weight-gain see-saw! And that gives you unexpected aids to final, scientific reducing almost every step of the way. Prove it yourself~ Try it at our risk – today!

This Woman Is Slimming Her Waistline – By Blowing Out the Candles On An Imaginary Cake!

But this is only the first gift you receive from this amazing book. Here are just a few of the others:

- Your Own Breath is the Best Streamliner – If You Use It This Way
- On page 62, for example, you're shown an Effortless Exercise that causes you to breath a new way – and that forces those protruding hips and abdomen of yours to draw themselves in, automatically.
- On page 45, another Effortless Exercise teaches you to walk like a queen, instantly. Use this technique to draw admiring glances to yourself, from the very first moment you walk into a new room.
- Page 54 is sheer gold. Because it gives you another Effortless Exercise that takes the continual ache out of your lower spine from the very first day you try it. You'll be astounded at the thrilling new freedom for working, playing, bowling, golfing, dancing, living that this simple "unlocking" motion gives you.
- And page 57 puts to work your Built-In Posture-Corrector to help you get rid of this staying back, hollow-chest, slumped over shoulders that have plagued you for years. And, at exactly the same time...

Your Body's Built-In Relaxers and Strengtheners Are Now Put to Work for You for the First Time.

For example –

- On page 33 you discover a six-second motion with your mouth that instantly relaxes the over-tense muscles of your chest, heart and solar plexus – and drains hyper-tenseion out of your body like water running from a sieve.
- On page 69 you discover how to turn the everyday movements of life into complete exercises by themselves. So that every time you sit, or stand, or reach out to pick up an object, you are effortlessly exercising and streamlining your body – keeping yourself in top condition without even realizing it.
- On page 113 you use, for the the first time, your body's own built-in vibrator – that has you bursting with energy every morning in seconds... that calms you down after a full day's work – in two or three thrilling minutes – and gives you new spurt of vitality for the evening's fun.

Get you down to the same weight you were as a teen-ager... and keep you there the rest of your life!

But this is still just the beginning. Because Delicious Dieting is only one small part of this revolutionary new reducing plan! Now this eminent physician goes on, to give you medically-proven reducing aids you never dreamed existed before, like this:

- The ability to predict your weekly and monthly weight loss, and chart it in advance – so you can SEE just how thrillingly thin you're going to be in just a few short weeks!
- A "Rocket-Booster Start" for your reducing program, that practically eliminates "Dieting Shock"... that gets your internal body mechanisms working FOR your diet, instead of against it... that alerts your metabolism to start burning fat more efficiently, from the very first day you start this program!
- Startling new discoveries about what this doctor calls "The Reducer's Vitamin" – that, when purchased in the right form, and taken in the right quantities at the right time can help you banish that "Compulsive Eater's Appetite" (and especially that "irresistible" craving for sweets) that has eventually wrecked every other reducing program you've ever tried!
- A simple trick that may very easily eliminate those deadly "Reducing Plateaus", where you diet for weeks without seeming to lose a pound. Instead, make this one simple change in your water habits, and watch your weight go down steadily!
- How to keep your face and body from sagging – even when you lose 50 to 70 pounds!
- How to drink and still lose weight – if you do it the right way.

Doesn't Just Shrink Fat Cells, But Destroys Them!

But The List Of Pain-Saving, Health-Saving, Dollar-Saving New Revelations Goes On And On! For Example...

- Why, and when, you can treat the following illnesses, without your doctor: Acute diarrhea (as long as there is no temperature)... upset stomach... most hay fever... shingles... hemorrhoids... dizziness... athlete's foot... acne... gout... diverticulitis... phlebitis... even to a great extent Parkinson's diseases and asthma and many more – if you know the right way to do it!
- World's most effective way to relieve fatigue – without getting more sleep or spending one cent for medical or psychiatric treatments!

- New hope for back sufferers! Including how to live with even a herniated disk for years, without needing surgery!
- An almost foolproof way to wipe out anemia – the natural way!
- What you can do to prevent pneumonia! And tuberculosis! And high blood cholesterol!
- Two deadly cancers that can now be wiped out completely!
- A new, superfast treatment for hangover – far more powerful than any other you can use!
- How women who wish to, can delay menopause – for years!
- Why “old age diseases” are actually a myth! And why you can simply laugh at them!

I found a crazy, lazy way to reduce!

SAVES YOU HOURS OR TORTURE EVERY WEEK!

What the Effortless Exerciser eliminates is just as important as what it does. For example:

- It eliminates isometric exercises. They are marvelous; but correct technique is absolutely essential or you get unwanted athletic muscles.
- It eliminates torture diets. Your weight shoots right back up when you go off them, anyway.
- It eliminates electrical apparatus. Most people find them highly unpleasant!
- It eliminates gymnasiums and other bulky equipment. Who’s got the time and room?

- The Effortless Exerciser replaces all these horrors with an effortless, daily two-minutes routine that is as second nature as putting on your lipstick – and that gives you the firm, slim, young body and posture you’ve always wanted!

IF YOU RETAIN FLUIDS, THEN TRY CARLTON FREDERICK’S “CAVE-WOMAN REDUCING DIET” RIGHT NOW!

And Not See What Happens When Feeds And Vitamins Are Used As Medicines To Treat ALL THESE AILMENTS TOO:

Including, as just a few more vital examples:

- The common vitamin which, if used the right way, contributes to a therapeutic response to rheumatoid arthritis!
- The special food factors that actually act as scavengers of abnormal compounds in the cells!
- The “super-vitamin” whose documented results, from Europe, now indicate: “not only a prolongation of the prime of life, but an actual reversal of the aging process”!
- The simple switch in diet that caused one husband to write Carlton Fredericks: “Hey, Dc! How do you turn it off?”
- How better diet may help protect you against cancer of the breast (a statement which Carlton Fredericks says is “neither reckless nor undocumented), as well as determine how feminine a woman can be!
- Why formerly virile men suddenly become impotent, lose their sex drive, and may even watch in horror as their breasts enlarge! (Called by Carlton Fredericks, “autritrional castration”, its greatest tragedy lies in the fact that it is so easily preventable – if you take action at once!)
- Documented case histories – reported by the Baylor University School of Medicine, and chronicled by the Rader’s Digest – of men and women who have avoided operations for slipped disk, simply by taking large doses of a special vitamin!

- How to build flood-resistance to fungus infections, how as athlete's foot – as well as reduce the deposits of ugly tartar on your teeth!
- The “brain-fat” – so powerful it is being used to stimulate brain-function in brain-injured children!
- What to do if your cold will NOT respond to Vitamin C!
- How to prevent both ordinary headaches, and the type of migraines caused by histamine! With food; and not dangerous drugs!
- Why the repetition of strokes may now be blocked with the “sleeping” brain cells, lying next to the areas where destruction has taken place, now being called to take over the “loss” functions of the damaged area!

At Last! A Plastic Surgeon's Diet!

At the exact same time that you are carving almost a pound a day off your body, you are also performing “medical magic” on every inch of your face, your neck, your hands and your hair!

Hollywood beauty secrets that can transform your entire appearance like this:

- How to simply “open your mouth” – and lose your double chin.
- How to suck pore-enlarging blackheads right out of your face, using nothing but ordinary breakfast cereal.
- A simple at-home treatment for thinning hair, requiring almost no effort and time! (Show this one to your husband – he'll thank you for the rest of his life).
- How to use ordinary sand as an instant-sedative.
- How cold water – yes, cold water – can often work apparent “miracles” on the shape and firmness of your breasts.
- How simple massage can de-contract vital facial muscles, and therefore discourage in a wink many of your most hideous wrinkles. (These ingenious little

“finger-tricks” are especially effective against crows-feet and under-the-eye pouches.)

- Do-it-yourself cosmetics – fresh, organic, natural – and so effective that they may littleral cause you to throw away the expensive artificial ones you have on your bathroom shelf today!
- (As just a few examples: A simple fruit night-cream, that helps dissolve away the dead tissue from your skin, at the same time it protects the living. A super-gentle shampoo-rinse, that does not kill the natural oils on your skin when you rinse it off, and therefore does not make your face look older every time you clean your hair.)
- Plus Yoga made easy, for busy women who can’t give it more than five minutes a day – and therefore have to have its benefits condensed.
- Pus Super-Exercises, that trim inches off your problem spots, quickly! (Some of them take only fifteen seconds a day – and show whistle-provoking results in a week!)
- Plus a complete guide to Super-Streamlined Plastic Surgery. That can be completed in minutes, requires no hospitalization, has you up and around instantly. And another method that simply “peels away” your deepest wrinkles, without the slightest trace that they had ever existed on your skin before!
- Plus Dozens Of Other “Plastic-Surgeon’s Secrets” – All Yours To Read Without Risking A Penny!

A Chiropractor’s Treasury of HEALTH SECRETS

In These Pages, Dr. Homola says –

- “You don’t have to suffer from constipation...”
- “You can reduce your blood pressure...”
- “You can get rid of that nagging backache...”
- You can try a secret that “weill give you a ‘new’ pair of feet”

- “You should literally erase the wrinkles on your face...” with one of these secrets
- You may use this same secret “for a thicker and healthier head of hair...”
- You can “cope with arthritis effectively and painlessly... New facts suggest new treatments for quick relief of symptoms... soothing relief for sore and swollen arthritic joints.”

But first I’d like to tell you more about this book, for that is the only way you will be able to judge its usefulness to you. In reporting its Contents, we make no claims – but rather invite the readers – FREE OF RISK – to examine it and discuss any or all of it with their own doctors.

In these pages, you’ll discover...

- “How To Improve Your Health And Relieve Your Aches And Pains”
- Here, in Chapter 1, Dr. Homola states: “All of the home-treatments in this book can be carried out without expensive equipment or medication...”
- “All of the various methods described in this book have been found to be safe and effective,” says Dr. Homola. “Anyone can use them without fear of pain or injury.”
- “Every chapter outlines a complete self-help technique for a specific ailment,” he promises. “If you are stricken with acute pain or illness, you should, of course, see your doctor.” he says, to make sure self-help measures would help you. “In the care of certain ailment, they may be more effective than medication, in providing relief from symptoms,”

In these pages, Dr. Homola reports on –

- SPECIAL CARE FOR VARICOSE VEINS – The drugless treatment that Dr. Homola reports on “may be done easily and conveniently,” he says, and is “an effective way to reduce swelling.”

- HOW TO CARE FOR HEMORRHOIDS – “Since rectal hemorrhoids or “piles” are also really varicose veins,” says. Dr. Homola, this same technique “will help drain the accumulated blood” to help relieve discomfort.
- A SKIN IMPROVEMENT SECRET – Dr. Homola reports on a common food substance that may prevent dry skin and brittle hair and nails. He also reports on a health secret he says “will improve skin tone”. One lady who used it following her regular bath reported that her skin took on the “loving glow” of a baby.
- AN APHRODISIAC – Dr. Homola reports on a certain tea that he says, “contains hormone-like (testosterone) substances that stimulate the male sex glands” and is available from health food stores... and also a common candy which he says is “believed to have a stimulating effect on female estrogenic hormones.”
- ARM & SHOULDER PAIN RELIEF – “Pain in some portion of your shoulder, arm, or hand... can very often be relieved” with a simple method requiring little more than some ordinary string and sand.
- RELIEVING HIGH BLOOD PRESSURE – “You can... reduce your blood pressure and slow your heart rate,” reports Dr. Homola. And he reports on a number of methods said to do this: one, for example, a common seasoning that he says “tends to lower blood pressure as well as prevent hardening of the arteries.”

Elsewhere in this book, Dr. Homola reports on:

- “How to Banish Recurring Headaches”
- “Relieving Cramps and Gas Pains”
- “How to Strengthen Your Heart for Longer Life and Better Health”
- “How to Strike Out the Common Cold”
- “How to Use Home Treatment to Cure Your Backache”
- “How to Improve Your Health with Leg and Foot Care”
- “How to Stop Needless Suffering from Hernia”

- As well as methods said to relieve ulcers, gall bladder trouble, insomnia, anemia, and poor circulation.
- There is even a method with which Dr. Homola says “you can take in a proportionately greater number of calories without gaining weight.”

BEGIN YOUR “MIDDLE YEARS” AT 70, 80, EVEN 90!

It is so strong, in fact, that it may actually make you look twenty or more years younger than your parents did at the same age... at the same exact time that it enables you to live thirty or forty years longer than they did!

We realize, of course, that these facts may seem virtually impossible to you at this moment... until you are shown the new medical techniques by which these goals are attained! They are:

1. The most powerful “age-reversing mechanism” known to man... which takes exactly six minutes per day... may be done by any man or woman, no matter how poor their health today... and which is bluntly recognized by one of the leading physicians in this book to give far better “youthifying” results – far faster – than even “cell therapy” treatments costing hundreds of dollars apiece!
2. A direct attack on the stored-up emotional poisons in your body that eat away strength and youth like internal acid, and replace them with never-flagging fatigue! This incredibly simple technique drains out those poisons, and that deadly fatigue, in approximately ten of the most revivifying minutes you have ever spent! And, finally –
3. A new way to lose weight – not a diet – designed to change your present suicidal eating habits in exactly 48 hours! And, to break at last the vicious fat-multiplying cycle inside your body, that causes you to put on more weight, from less food, than your thin friends.

Let Us Repeat Again: These Medical Techniques Are So Powerful That They Actually REVERSE THE AGING PROCESS – WITHOUT DRUGS!

They cause you, quite simply, to grow stronger and not weaker, as you grow older! And here is the medical documentation to prove it:

- In tests conducted at a leading University and Medical School in Southern California, it was discovered that life-prolongation, accomplished this way, not only added decades to potential human life spans, but – even more important – also produced vastly increased vitality and vigor, as well as startlingly heightened resistance to dread “senile decline!” (Reported on page 129 of this thrilling new book.)
- As a result of scientific observations and experiments conducted in several different locations in the United States (as well as in Europe and Soviet Russia), it was definitely established that these techniques will enable almost any individual to live beyond 90... and even beyond 100 healthy, productive, thoroughly enjoyable years – even if he or she had tragically short-lived parents or grandparents! In other words, disastrous heredity can now be overcome! (See page 36.)
- At a leading Gerontology Research Center on the Pacific Coast, its president bluntly states that a single one of the techniques given to you here had (in essence: “...reversed the aging process and over a period of time restored the characteristics of youth to the bodies of middle-aged men!” (See page 129.)
- And one of his colleagues, discussing the same simple procedure, went so far as to state that it: “... relieves joint stiffness, lowers the blood pressure, and reduces the amount of fat in the body tissues. It acts like a miracle drug, and it’s free for the doing!” (Italics ours – see page 130.)

But All This Research Documentation Is Only The PROLOGUE To The Real Meat Of This Revolutionary New Book!

FOR NOW THE YOUTH-RESTORING PRINCIPLES LEARNED ALL OVER THE WORLD ARE PUT TO WORK – INSTANTLY – FOR YOU!

- How to lose weight without counting calories – by harnessing the same exact forces which made you overweight in the first place! (It is not unusual, with these methods, to lose 15 and more pounds the first week – up to 10 pounds the second week – and a good hundred pounds or more, in as little as 15 weeks. And the weight stays off – for decades!
- How to add 10... 20... perhaps even 30 glowing years to your life, simply by avoiding the everyday “Life-Traps” that make you grow old too fast!

- How a careful examination of your eye can tell you, with unerring accuracy, if you've eaten the wrong foods that night for dinner... and therefore have to give them up for a few days till your body's digestive powers restore themselves to the correct balance!
- Little-know-stress-on-the-heart Number 1... that kills unwary thousands every year... and can be prevented simply by reading a single sentence on page 70!
- When you must eat... and eat... and eat if you really want to lose weight!
- "Hungry enzymes" that now infest your body! They are the real reason all past attempts to peel off ugly fat have been such torture for you! And you can "command" your body to destroy them – for good – as simply as this! (See page 82.)
- Why most people's muscles simply "melt away" as they grow older! (No wonder "old age" to them means ever-growing weakness!) And how you can stop that muscle-melting process overnight... and replace it with vibrant new strength!

And More! And More! And More! Like This –

- What really causes vigor to drain out of the "Aging" body! A simple fluid that if the body gives up too much of, it then dies of old age! And how you can "pump that vital cell-nourishing fluid" right back into your body... actually increase your body capacity to utilize by as much as 133%... in just a few thrilling minutes every day!
- How to exercise your heart! Anyone – no matter what age – can do it! And prevent the greatest tragedy of all – premature heart attack!
- Read the line in the middle of page 144 as though your life depended upon it! Because, if you've ever worried about killing your own heart through the worst possible error you can make – this one line will show you how to avoid it... forever!
- World's easiest exercise program – for men and women who are pitifully out of shape!

- How to avoid man-made diseases! And save your body, and your nerve at exactly the same time!
- What your sleep, or lack of it, is really telling you! And how to ease yourself into a good night's rest again!
- What your fingers tell you that can save your life! Listen to them... obey their command... and you may be able to out-run your own youngster!
- If your blood pressure is soaring, you must do this, right now!
- World's most effective weapon against demolished nerves! Gets you back to loving life, instead of hating it, in just about ten blessed minutes!
- No more nervous breakdowns! And no more unnecessary heart attacks (or strokes!) The technique shown to you on page 197 may banish them from your life – for good!
- How to add ten years to your life, by avoiding one little fatal mistake – at night! Before you go to sleep!
- How to laugh at old age – at least till you're ninety! A simple program so effective that it may actually cause strangers to think that you are your best friend's grown children!

Break All the Rules, and Win a 35-Year-Old Body at 50-60-70-and Beyond!

As just a few more examples:

- Your lungs CANNOT rebuild themselves, of course. But follow the simple breathing advice in Chapter 3, and you may keep them as energy powerhouses for a century!
- On page 144 he tells why, if you wake up groggy in the morning, you're a lot better off than the so-called "health addict" who bounds out of bed and greets each day with a cheery "hello"!

- On page 64 you learn a basic principle that will win you support and respect – and help you to control fear. In fact, you'll be able to make the fear work for you! You can use this principle immediately! It will help you innumerable times daily!
- On page 82 you're given two simple, obvious "truths" that may enable you to escape the disaster of a coronary or heart seizure, stroke – even help you prevent high blood pressure! (Even though they are obvious – most people don't even realize them!)
- On page 136 you're shown an exercise which requires NO muscular effort, takes NO more than one minutes – yet becomes a remarkable "relaxer" for you. And you can do this simple exercise almost anywhere! (In fact, as soon as you get to page 136, try it immediately.)
- If you want to extend your life – enjoyably – past the 100 mark, you simply must keep FOUR ESSENTIAL ORGANS healthy. 90% of all deaths are due to the breakdown of those four vital body parts alone! You'll find out how to keep them strong, powerful, functioning on pages 41 to 49.
- On page 154, Mr. Cerutti actually LISTS the symptoms of "old age" he wishes to help you eliminate.

How modern Chinese Medicine helps BURN DISEASE OUT OF YOUR BODY

...lying flat on your back, using nothing more than the palm of your hand!

PLUS ALL THIS – BY DR. CHANG

- How to eventually throw your glasses away, simply by rubbing around your eyes for a few minutes each day.
- How to keep your lungs strong, acquire fewer colds, allergies, and sinus conditions, simply by stimulating certain points about your nose.
- How to use natural healing water as a form of medicine, so powerful that it may be used to treat cuts and other infections. And so powerful, indeed, that, when properly used, it helps prevent tooth decay.
- Brain cleansing – by breathing.

- The state of inner vision, that helps you see the signs before a disease begins to take hold in your body.
- How to check stomach sag, merely by concentrating on your feet.
- For men, how to prevent or reverse prostate enlargement by using a simple three-minutes sitting exercise.

Hollywood Plastic Surgeon's amazing new book shows how any woman over thirty Can Look Years Younger, Pounds Lighter in ten short days!

And now this book gives you knowledge that these men and women traveled the world to learn. Over seventy-seven ways that you can use toward softening the effects of time... free your appearance from the prison of your calendar age... help bring back the exuberant glow and youth to every inch of your face and body!

For Example: To Start With –

- In the very first hour alone, you are bright into an entirely new world of natural cosmetics – cosmetics whose incredible ingredients have been actually used to help heal wounds!
- Here, for perhaps the first time, are cosmetics that use the true, beauty-restoring powers of nature itself to combat wrinkle-causing dryness...
- Help smooth out that skin and crease lines by providing vital moisture that the skin would otherwise inevitably lose when you pass 30 or 35.
- These cosmetics are made from nature's own flowers and fruits. They cost practically nothing. You can make them to perfection in minutes with any household blender. And this is what they can do for you!
- They can clear your skin without detergents – increase the benefit you get out of your cleansing cream at night in seconds.
- They can invisibly guard your skin against sun and wind and other elements in the air – help give your entire skin, all day, that lovely, healthy glow it would formerly, take on only after a brisk walk or a full day in the open.

- They can give you glorious shine to your hair without one extra motion in your regular shampoo – can make bleached or colored hair look radiant.
- They can give you a nature-pure beauty mask that will completely relax you in just fifteen minutes – that will help draw out impurities from your skin, and help re-freshen it in just fifteen minutes.
- They can give you an entirely new way to take a sunbath next summer – spending less time to get more tan – a tan that lasts longer – and that’s yours, without ugly peeling, or flaking, without freckles, without wrinkles, without pigment spots.
- And this is just the beginning of what these cosmetics can do for your face alone – in the privacy of your own home – without risking a penny.
- Just Wait Till You Try This – 5 Simple Face-Saving Exercises That Affect the Same Areas That Go Into a Face Lift
- Now this unique book gives you information concerning amazingly simple facial movements that take as little as thirty seconds each, that help to bring that tired chin line back into shape... help give you a firm jawline... and well-defined and smoother throatline... even, if necessary, may help to improve that drooping contour that plagues so many women as they grow older!
- Plus professional Hollywood makeup secrets that may have your husband gasping with delight that first time you use them. How to blot out shadows, especially under the eyes. Narrow a thick nose or wide jawline. Create fascinating cheekbones. Look sunkissed and natural.
- Plus a brand-new way to take a bath that soothes your nerves... makes your skin feel silken and smooth all over... even smooths those unpleasant rough spots on the soles and heels of your feet.
- Plus – and perhaps the most important of all – a complete section on trying to bring back the slim, young, graceful body you had as a bride – right down to getting rid of those tragic little ridges of loose flesh that may be developing on your hips, waist and thighs today!

- How to Take Years Off the Appearance of Your Figure in as Little as 10 Days
- The brand-new NATURAL Crash diet – the simple secret of how many a Hollywood figure stays that way. That virtually eliminates hunger pangs... starts you in a few thrilling days beautifully on your way to figure reducing.
- Plus incredibly delicious, health-packed “Hollywood diet meals” you may never have dreamed existed. The new meat loaf, vegetable brown rice, stuffed grape leaves... a completely new kind of beef Stroganoff, steakettes Hong Kong, Potpourri Hors d'Oeuvres... cheese and walnut loaf desserts and others – more mouth-watering full-sized dinners that are specially designed to aid your body and figure.
- Plus the ten-second tummy-tightener – that builds your own natural girdle – that may stun your husband the very first week you use it.
- Plus “sweater girl” exercises. Exercises that you use to slim down hips... to help contour the limbs, especially those soft inside thighs that could ruin your figure in a bathing suit.
- Plus entire sections on how to sit, stand and walk as youthfully and gracefully as a top fashion model... tricks of Hollywood voice coaches, for putting electricity into every word you say.
- Over 250 fascinating pages – jam-packed with thrilling new ideas on beauty, vitality and youth – yours to read from cover to cover in your own home without risking a penny!

Can You Afford \$10 A WEEK To Become A MILLIONAIRE?

Here they are! “Super-Sophisticated” – yes! But actually in case after case, SIMPLER AND SAFER THAN BUYING COMMON STOCKS, ONCE YOU LEARN THESE “INSIDE” METHODS OF HANDLING THEM:

- STEP ONE: An Almost-Foolproof Way To Make Money With Convertible Bonds!
 - For example: To get started safely on your way to fortune, take a look at Chapter 1 on Convertible Bonds, often called “the best kept secret on Wall

Street". The right Convertible at the right price gives you not only security, income, but the opportunity for truly fantastic capital gains.

- In this first, eye-opening chapter alone, you discover how to find sound bargain-priced Convertible Bonds, that pay you a comfortable income while you're waiting for them to go up! You learn the danger of investing in many Convertibles after they are recommended by brokers. And you get (right in the book itself) valuable free lists of active Convertibles, including little-known over-the-counter bonds in some of America's most successful corporations.
- STEP TWO: An Almost Foolproof Way To Make Money On Mergers!
 - Nearly every day you read in the financial pages about two companies that are getting "married". But have you ever watched what happens to the price of their stocks after such a merger? Sometimes both of their stocks go up... sometimes they both go down... occasionally one or both stand still. More often, the stock price of one company rises while that of the other drops. If you try to GUESS what will happen, chances are you will be wrong three times out of four.
 - But page 25 of this amazing volume reveals a sure-fire formula whereby you literally can't go wrong! You know before you invest if you can make money on a particular merger – and exactly how much you will make. (With this system your average gain is about 10% of your investment – sometimes in just a few short weeks. And just two such transactions a year skyrocket the total value of your portfolio far above the figures on the chart).
- STEP THREE: How To Turn "Pennies" Into Fortunes
 - Or do you like the excitement of fast-moving, low priced stocks? Then perhaps the most fascinating and profitable section in the entire book for you is Chapter 5: "How To Make Big Money With Canadian Penny Stocks – Even While Most Other Investors Are Losing Their Shirts."
 - Here, you'll find out why, on the Toronto Stock Exchange for example, dozens of companies last year made such jumps as these: Baniff Oil from

\$1.40 to \$20.00... Mill City from \$.20 to \$2.00... Con.Shawkey from \$.25 to \$.70.

- Then read carefully as Mr. Silverman reveals his own personal method for making truly startling profits from these highly speculative penny stocks, with individual investments of as little as \$28. See how in 1962 – when blue chips on stock exchanges all over the world were plummeting – he used his system to make nearly 300% annual profit on his investment! And how he has been using it successfully ever since.
- He reveals, step-by-step, every detail of how his system works... how to locate, follow, and trade these highly volatile stocks profitably... and above all, how to avoid costly pitfalls that bleed millions of dollars every year, from uninformed speculators, and even from brokers who should know better!

This information alone can be worth a fortune to you, but it's just the beginning of the very first section alone! Other chapters in Book I show you additional "almost-foolproof" money-making methods like these:

- More remarkably "safe" ways to make money with such almost-completely misunderstood stock market tools as convertible preferreds... takeovers... low priced issues... stocks that fluctuate in fixed patterns... utilities... bank stocks... and many more!
- The opportunities – and the dangers – of speculating with such tremendous profit-devices as Puts and Calls, Warrants, and Commodities.
- And once again Mr. Silverman shows you how HEDGES can help you minimize losses in such high-risk transactions if they do not work out!
- (In fact, the great beauty of these systems is that when you take the proper protective steps as outlined in the book, you can afford to be wrong as many as five times for every time you are right, and still wind up with a healthy overall profit!)

Plus...

- How to trade low-priced and cyclical stocks for nearly-automatic profits!

- Why insurance stocks skyrocket!
- How to discover tomorrow's glamour stocks today!
- Why too many investors buy when they should sell, and sell when they should buy!
- How to hedge for safety!
- How to protect profits in a falling market!
- Step-by-step guidance on how, and when to buy and sell for maximum profits!
- Lists of fast-moving and high-paying stocks!
- And much, much more!

DON'T PAY 1¢ MORE FOR GAS THIS YEAR THAN YOU DID LAST!

But This Is Just The Beginning! Because Now You Save Gas Just By The Way You BUY It! Just By The Way You Park Your Car! Just For The Way You "SHIFT" Your Automatic Transmission!

For example:

- You no longer have to pay an extra \$100 or more a year in "sucker" gas bills, just because you chose an automatic transmission instead of a stick shift!
- Because now you can actually get MUCH BETTER MILEAGE – with that automatic transmission and the simple secret on page 16 – than your "wiseacher" friend who has to juggle his manual gears at every city traffic light!
- (Time to learn – just about as long as it takes you to drive to your neighborhood shopping center! Result – that you take command of the automatic transmission! Money in your pocket – hundreds of dollars over the rest of your driving life!)

PLUS:

- How to turn a screw – and that’s all there is to it – and get up to 15% MORE mileage in stop and go driving!
- How to save up to \$1.50 every time you fill up (and think how many times a year you fill up), simply by giving one ingenious little command to your gas station attendant! (You’ll kick yourself for not having thought of it before!)
- How to get pick-up that makes your friends’ eyes pop open, and STILL save gas! (Yes! Forget about the old myth that you have to drive like a maiden aunt – or watch other cars pass you – to get Super Mileage! The engineers don’t, and why should you!)

PLUS:

- How to get as much as ONE MORE GALLON OF “FREE” DRIVING, FOR EVERY TEN THAT YOU BURN TODAY... and get up to 40,000 miles from a single set of plugs!
- How to convert your battery – in exactly 60 seconds – into a Super Power Plant that may very easily last the full life of your car – and save gallons of gas that hard slow winter starting is draining out of that car right now! (The total cost? Two cents! And not one penny more!)

PLUS:

- How to adjust your engine for summer heat, and save up to 2 “boil-over” wasted miles per gallon... how to do that same for winter, and beat mileage-sapping freezing cold...
- How to insert a special piece of metal that costs only 10¢ into your radiator, and get still MORE mileage...
- Even a complete section on low-cost “super-tuning” your car to get premium performance on the lowest-cost regular gas!

But Listen To This: Everything That Helps You Save Gas ALSO HELPS YOU SAVE OIL < TIRES AND REPAIRS! So You Pocket Another \$200 to \$500 This Year!

For example:

- How to “tune” your car as you drive! Spend an extra 60 seconds with it once a week... never leave your driver’s seat... and keep your plugs firing clean, and your engine purring like a kitten!
- How to slive tire costs in half – add as much as 20,000 miles to the life of your tires – without using anything more “mechanical” than an old rag!
- How to cool the inside of your car on hot summer days, without the expense of air conditioning!
- How to get up to \$500 of Free services from your gas station every year... which the big companies would like to keep hidden!
- How to preserve antifreeze for THREE full years!
- Get up to 30% more horsepower, without spending a penny!
- Double the life of your oil!
- Even get a new-car performance for as much as 100,000 miles or more – by preserving the life of its expensive parts, and avoiding the need for major repairs!

Don’t Pay A Penny For This Book Till It DOUBLES Your Power To Learn!

And do it all – not by struggling through dreary textbooks... not by memorizing useless theories – but simply putting your LOCKED-UP LEARNING POWERS to work – entirely at my risk, without your paying a single penny till you prove every word of it yourself!

Here’s how!

- LEARNING ACTION NO. 1
 - Let's skim through a book in thirty minutes! Dazzle others with your insights into it that very same night!
 - This action is literally a brand-new way to read the printed page! Yet it requires nothing more than an ordinary pencil!

- Once you are shown it, you will never read a book from cover to cover again! Instead, you will flash right through it – automatically skipping the boring details – automatically scooping up the main ideas as fast as your eyes can travel down the page!
- You'll absorb the key ideas of most books in thirty minutes! Burn a magazine article into your memory in five minutes!
- And you'll file these facts away in your mind in such perfect order – automatically – that you can pull them right out again at an instant's notice! So you can back up every point you make in conversation with dozens of overwhelming facts... fill every one of your statements with authority and conviction.. Win other people to your view so completely that no one else could ever lure them away! And this is just the beginning!
- LEARNING ACTION NO. 2
 - Gives you a "Tape-Recorder Memory" for the spoken word! Let's you hear hidden secrets in people's conversation that they don't even know they're revealing!
 - This second action requires you to ask yourself four simple questions every time someone begins to talk to you!
 - These questions rivet your attention on that other person's words... keeps your mind from wandering... let's you store up his thoughts as though they were engraved in your memory!
 - They automatically allow you to amaze your friends by quoting – almost word by word – from conversations you had with them months before!
 - They allow you to win new friends by remembering details ordinary people completely forget! Impress your superiors by repeating back to them their most casual orders, step by step!
 - And, at exactly the same time, they enable you to "read between the lines" of whatever that other person says! Give you such incredible concentration when you want it, and you almost penetrate into that other

person's mind! Discover facts he's trying to hide! Goals he's trying to conceal! Exaggerations he's trying to make you believe!

- You'll be amazed at how clearly these questions open up other people's thoughts to you! And they're still just the beginning!

- **LEARNING ACTION NO. 3**

- Builds you a power-packed vocabulary! Gives you the words you need - overnight – to load your thoughts with verbal dynamite!
- This action involves you in one of the most fascinating games you have ever seen!
- This game takes two minutes a day! You can practice it anywhere – while dressing in the morning... driving your car... dining with your friends or family!
- And every time you try it – you automatically learn new words:
Emotion-packed words, that make people stop and listen to you!
Color-packed words, that make your ideas and stories crackle with excitement!
Power-packed words, that make people see and feel and do exactly what these words tell them to do!
- Think of it! The next time you pick up a book, you'll automatically understand hundreds of new words, without even looking at a dictionary. The next time you start to speak in a business discussion, or a private conversation, or a club meeting – every eye in the room will be focused on you in startled admiration! And this is still just the beginning!

- **LEARNING ACTION NO. 4**

- Doubles your problems-solving ability, Makes math problems... business problems... financial problems HALF-SOLVE THEMSELVES before you even touch them!
- This action is an ingenious little trick used by every professional math tutor in the country!

- You use it before you start to work on a problem! It takes you seconds to apply! It requires absolutely no math background!
- And it works miracles! It turns you into a mathematical wizard! It shows you the answers to dozens of problems before you can even pick up your pencil!
- It gives you a “feel for figures” that will leave your friends gasping at work. It lets you “talk the language of business” – statistics, balance sheets, profit and loss – that completely mystifies most people!
- It gives you incredible new powers of making and handling money! Predicting the stock market... running a business... setting up a budget – all these skills are yours, once you learn the secret of making figures work for you at the snap of your fingers!
- And it’s still just the beginning! Wait till you see this –
- **LEARNING ACTIONS NOS. 5, 6 & 7**
 - Lets you burn facts, figures, whole books into your memory! Write simple, clear, compelling English – almost as fast as you can move your hand – without a single mistake in spelling! Whiz right through the dozens of “make-or-break” tests – license tests... promotion tests... pay-raise tests – that are your gateway to the big money!
 - This is the pay-off! Now you can start turning your knowledge into the kind of life you’ve always dreamed of!
 - For example, would you like to make thousands of bonus dollars with your pen! Write business reports and memos that lift you head and shoulders above the crowd! Or write the story or novel you’ve always wanted to put on paper! Or dash off sales letters that set new records! Or open up a part-time mail order business from your home that has the orders pouring in!
 - Then try this one prime secret of all professional writers – How to make your thoughts organize themselves, so you can copy them right down on the paper! And see for yourself how easy it is to write Powerhouse English

– to open up a whole new world of accomplishments with one simple action!

- Or – and this is the most important breakthrough of all – would you really like to earn that extra diploma you have always dreamed of!
- Would you like that blue-chip promotion that has always seemed just two or three steps out of reach!
- Would you like a title after your name... a license on your wall... the respect and admiration that tested knowledge – proven knowledge brings to its wake, every single time!
- Then prepare for one of the most thrilling evenings of your life! When you put this “Test-Solver” Action to work! When you’re shown a simple five-minutes ritual – before you take a test that breaks that test wide open! That drains fear and nervousness out of your body like magic! That puts every fact you’ve learned right at the tips of your fingers ready to do to work for you at an instant’s notice – ready to give you advancement scores so high that you move ahead faster than you have ever dreamed!

Every cell of your face has a “clock” in it! Here’s how to wind those clocks backwards!

This, Then, Is The Startling New Promise That Lies Right At Your Fingertips! And Here Are The Discoveries That Are Going To Give It To You!

For example –

- Age is no longer a barrier to a flawless complexion, because the outer layer of your skin never stops growing! And, if you learn the right way to utilize that growth, you may actually reverse the dreaded aging process, and grow younger-looking, not older.
- The ultimate moisturizer! How it can eliminate moisture loss instantly, and actually repair the ravages caused by years of facial dryness.
- The three insidious structural changes that create “old” skin, and how to stop each at its source.

- For example, master this simple technique of protecting the all-important “inner layer” of skin from damage, and you will never need the services of a plastic surgeon.
- How your kitchen stove can make you look old, old, old – unless you learn how to use it – like this.
- How certain household aids (that you use every day) actually poison your skin. Get rid of them – now.
- How to keep the sun from turning your face into a wrinkled prune.
- How to protect your skin against air pollution. (otherwise, if you live in a big city, be prepared to have people guess you’re ten years older than you really are.)
- How to banish blocked pores and blackheads – for good.
- The Number One Rule for protecting your face against all the hazards of the environment. Follow it faithfully (see page 36), and when your friends look as old as Methuselah, you’ll hardly have changed at all.

Indisputable Proof That It Would Take A Century For Your Face To Look Old, If You Didn’t Abuse It Like This...

- How to “quick-clean” your face, so thoroughly, and so fast, that you take years off it, rather than put them on.
- Invisible sources of skin inflammations and allergies that may be running your complexion right now. In other words, how to practice modern acne therapy, right in your own home.
- Why you may never have to spend a cent on commercial face-care products again. For two reasons: Because most of them are actually harmful to your skin (see list on page 67). And because none of them could ever do as much for that skin as the almost-costless preparations given to you on page 71.
- For example, the best daytime base in the world (and you should wear it every minute of every day, to keep the youth-force sealed in your skin) costs only 84¢

for a six-month supply. And the best night cream you can buy costs slightly more – about 91¢ for a six-monthly supply.

- And the best face mask in the world costs 9¢ a treatment.
- And the best skin freshener probably costs a penny a day.
- And not one of them contains a single ingredient that will unknowingly age your face, or dry out your face, or irritate your face. All they do is pull the filth out of that face, at the same time they seal in the youth.

But What About The Old Skin That's Marring Your Face Right Now? What Do You Do About It? THIS –

- Here, on page 72, is (in our opinion at least) the really startling breakthrough in facial care in this generation. It is called, "Skin Thinning". It takes about two minutes of your time a week, and it costs about 3¢ a treatment. It's basic ingredient is salt. Plain ordinary table salt. But used in such a way that it almost instantly cuts down wrinkles. Opens clogged pores. Helps prevent age spots and white-heads. May actually have your husband cooing with delight the very first day you use it.

And there's still more – much more – like this:

- How the wrong vitamins can poison your skin. And the right vitamin therapy causes spectacular changes overnight. (See page 108.)
- How dry, scaly skin can often be eliminated by a simple change in your diet. (See page 107.)
- The "Young-Face Style of Life". Or how to erase ten years from the look of your skin, simply by adjusting the way you work, play and sleep. (See page 112.)
- How your skin can warn you of the insidious development of diseases of the heart, circulatory system, lungs, blood, thyroid, pancreas, sex glands, liver, kidneys and much more, all by simply knowing how to read the danger signals it sends out. (See page 105.)
- Two easy solutions to hand and nail problems. (See page 140.)

- How to save your hair. Why you must not overbrush it. The one overlooked cause of 99 percent of all severe hair damage. A simple immediate test that tells you, for sure, the rate of hair loss. Why the wrong use of vitamins may be causing that loss. Medical methods (your husband will bless you when you show them to him) of really compensating for the ugly loss.

How The Beautiful People Get Rid Of Both Cellulite And Ordinary Fat – Without Dieting!

Listen, As The Beautiful People Tell You How To:

- Condition yourself by developing your own built-in “Fat Radar” so that the minute your weight starts to shoot up, you can shoot it down!
- Take off fat while it’s still “soft”... before the body has had a chance to make it part of the muscle structure. Before it marbelizes, as in a fat steak, and becomes even harder to lose!
- Make the natural diuretic power of food even MORE effective, so that accumulated tissue water drains out of your body faster and you NEVER get that bloated look!
- Lose tons of weight – all in the right places – and NEVER get “Scrawny” looking in the face. Actually melt unwanted pounds right off your body, and still retain that “youthful” bloom in your face the beautiful People way!

PLUS...

- How to be thin as a model, and still have the energy and stamina of a truck driver!
- The Beautiful people’s special “Secret Elimination Diet” that disintoxicates your system... drains out internal poisons... at exactly the same time that you are painlessly losing weight!
- The Beautiful People “Easy-Diet Plan”, a permanent part of your life, so that you continue to lose weight for as long as you wish, and yet NEVER feel deprived!
- How to prevent your body from automatically “adjusting” to your first massive weight loss, so that it actually prevents you from taking off even more pounds.

- What to do if you are a “sandwich fiend” and don’t want to cut them out of your diet.
- Why the Beautiful people make sure that they never lose more than 18 pounds at a time.
- How they painlessly “Retrain their nervous system so that they don’t go on eating binges during an “anxiety attack.”
- The most carefully guarded Beautiful People secret: how to lose weight super-fast, purify your body, and heighten your senses to a new state of awareness at exactly the same time!
- The hypnotherapy approach to weight loss!
- How the Beautiful People lose weight while they are traveling.
- How the Beautiful people keep their children from developing unhealthy and fattening eating habits.
- What the European Beautiful People do at once when their skin looks bad, they have trouble sleeping, or they are just feeling dreadful.
- Why the Beautiful people feel that American men are a “disaster... overweight, over-tabacooed, over-alcholed, and under-sexed.” And, what Beautiful People Males “over 30,” do to retain their very special attractiveness.
- The Beautiful People “cure” for sporadic over-indulgence. In other words, how to eat your cake, and have a knock-out figure too!

How To Avoid Doctors

The main theme of this great Medical Self-Help Encyclopedia is simply this: We have almost forgotten that, for generations, our parents and grandparents used to take care of many ailments at home – and these GREAT, TESTED HOME REMEDIES ARE STILL AVAILABLE to take care of a great deal of illness and suffering.

Including such proven health-boosters as:

- A kind of bath – cost, about eleven cents – that’s a better body conditioner than any drug this doctor has even seen listed in the National Formulary.
- A no-cost, no-medicine, no-apparatus way to maintain a healthy mouth and keep your teeth in your head longer perhaps than your dentist keeps his.
- A very simple and cheap nerve sedative that lets you throw a lot of expensive, habit-forming, often dangerous sedatives down the drain where they ought to go.

IF YOU’RE OVER THIRTY – THIS IS THE BEST EXERCISE YOU CAN DO FOR YOUR FACE, YOUR BODY AND YOUR HEART!

One last note: The book that brings you this incredibly simple, and incredibly easy new Program – called HOW TO BE LAZY, HEALTHY AND FIT – also contains some of the most startling medical facts you have ever read. Facts that may liberate you overnight from a lifetime of needless torture! Like this...

- Why you can be as healthy – or healthier – without conventional exercise as you can be with it.
- How to save 20,000 precious heart-beats a day – do more to keep your heart healthy and happy than any jogging program ever dreamed of.
- How to throw away your tranquilizers. And still come through bouts of tension with more energy and more pep than you’ve ever known before.
- How to turn ordinary sitting into an energy recharger for you, five or ten times every day.
- Why, if your family has a history of heart disease, strenuous exercise is the worst thing in the world for you.
- How to come back to work on Monday, with as much energy bubbling through your body as if you’d been in Hawaii for an entire week!
- How to get an automatic ten to fifteen minutes of figure-slimming, body-building “exercise” every day – without your body ever knowing that you’re doing it.

- And much, much more. All of it pointed toward one all-important goal – To give you a face and body you can be proud of... a heart you can depend on... energy to spare – AND DO IT WITHOUT RAISING YOUR FINGER – OR YOUR PULSE RATE A SINGLE BEAT!

Is it true? This Amazing PSYCHIC PERCEPTOR brings you Wealth, Love and Power Beyond Belief!

For just as a magician's wand was said to cause miracles, the secret of the Psychic Perceptor can bring miracles such as these – according to Dr. Murphy:

- PROOF – A girl who was slowly dying due to a belief that someone in Tahiti had put a "fix" (a native curse) on her – received a wonderful healing and is now bubbling over with the joy of life!
- PROOF – Another reports she was immediately able to see her long-lost father, in a hotel room – thousands of miles away – and make him come back!
- PROOF – A young lady, whose doctor had given her 4 months to live, told her Psychic Perceptor to heal her. Six months later, her doctor said, "A miracle has happened." Two years have passed and she says she is completely cured!
- PROOF – A young lady from Wichita, Kansas, states that the Psychic Perceptor method enabled her to reduce and control her weight. Her goal was 118 pounds, and – true to the law – she reduced 40 pounds!
- PROOF – Another woman saw the man of her dreams, with her Psychic Perceptor, and he was automatically attracted to her!
- PROOF – A girl was able to protect herself completely from being hypnotized by an expert, who wanted her to disrobe in front of twelve men and women!
- PROOF – Another user reports using her Psychic Perceptor to free her – at long last – from an evil spirit who was constantly annoying her, pouring out vulgarisms, obscenities, commanding her to violate her sex code, as well as even scratching her at night. The spirit disappeared – not daring to return!

IS IT WORTH \$2 TO YOU TO BANISH UGLY CELLULITE FOREVER?

But that's not all! For once you regularly practice this simple anti-cellulite routine, you will actually help:

- Revitalize weary, neglected and abused muscle tissue by throwing off the wastes that are now weakening it!
- Practice one simple trick that will prevent you from diluting your stomach's natural digestive juices, thus, unwittingly, slowly down normal digestion.
- Stop relying on drugs to bolster your lagging self-control, and discover how to use nature's own appetite depressant to keep you from overindulging in foods that are harmful to your cellulite battle.
- Discover how to identify and avoid the "food combinations" that actually impede your progress in eliminating cellulite.

ONE DAY WITH THIS MAN COULD MAKE YOU RICH!

If you'd like to start a spare-time business with as little as \$100 spare cash –

- How would you like to get a commission on almost every house sold in your neighborhood, without registering as a real estate agent, or even leaving your front porch.
- Or even use this fantastic new way to form your own race-horse syndicate – where for only \$18.50 a month, YOU own a thoroughbred that may win thousands.
- How to get perfect strangers to send you as much as \$100 a year each, for ten years, just for reminding them of certain critical dates. (You never see them; you never leave your home.)
- How \$3, and this simple twist, can put you in the import business – right up to the point where you're selling franchises to others.
- How to get your cut on the biggest (and completely legal) lottery in the world. You risk \$10. You get an oil or gas lease in return. (One man has already made a million dollars for exactly the same kind of investment.)

- How to turn ordinary rocks (and an ingenious idea) into instant-money. (This one is so simple, you may kick yourself for not thinking of it.)
- An introduction to one of the cleverest (and laziest) men in the United States. He works from 4:30 to 7:30 five flights a week – and earns over \$12,000 a year. His gimmick: a stroll through a shopping center parking lot, a couple of part-time high school kids, and an Irresistible message written on a 5-inch by 8-inch card.
- Invent one of these, and make up to a million dollars overnight (a startling complete list).
- A new kind of bicycle, that smart operators are now using to bring in up to \$1,000 a day. (Yes, I said up to \$1,000 a day!)
- The inside story on why one of the biggest service businesses in the world simply cannot advertise. And why they will therefore pay you up to \$1,000 for a single prospect's name. (If you like to talk to people, this simple inside-knowledge could make your spare-time worth as much as \$15,000 to \$20,000 extra to you every year.)
- A new European trick that nets you big earnings from other people's misfortunes, with almost no work.
- How to turn mice into a steady income, for one day's work a week. (This idea has worked so successfully for one man in Minnesota, that he has customers waiting a full year to buy from him.) You can do the same thing, for pennies.
- How to buy old books for 2¢ each, and sell them for \$2 apiece with one simple twist... How to turn deserted old buildings into gold mines... ingenious little ads (given to you word-for-golden-word) that cost only \$ or \$10 each, and bring hundreds flowing in every month...

If you're already in business for yourself –

- Cash an Insufficient Funds check, with a single phone call!
- Hire a \$100,000-a-year executive as consultant for your company, for nothing!

- Get the United States Government to display your product in 100 foreign lands, FREE!
- Run a “Disguised Ad” for your product in one hundred top magazines, for as little as 0¢ each!
- Get FREE artwork from now on for your ads.
- Draw credit reports on most any firm outside of the U.S.A for only \$1.00 each!
- Receive a free list of hundreds of brand-new products every month, that you can tie up for a song.
- Save up to \$100 a week on typing costs, by making one simple change in your office procedures.
- Be wined and dined in top executives’ homes all over the world by making a simple phone call. Sell a product by mail order, with positively no risk of your losing any money on the ads.
- Appear (or have your product appear) on up to 200 TV stations for as little as \$50!
- Get dozens of FREE distributors abroad – all by writing one double paragraph letter!
- A sure-fire way to protect a hot new idea, so you can show it to every big company in the world, and they haven’t got the slightest chance to steal it!
- Buy a jeep for a few hundred dollars. Or a cabin cruiser or a helicopter for peanuts.
- Five ways to test a new product, before you invest a cent in it!
- The right way to investigate a franchise – so you can’t be taken for your money!
- Exhibit at a trade show, even if you don’t want to pay a penny for the space, the travel or the personnel to get there!

- Put on a national sales organization in one evening?
- There is one time only during the year when it is possible for you to contact the president of the largest company, when he is not protected by receptionists or secretaries, and when he will welcome anything you want to say!
- The Super Product! It costs 40¢, sells for as much as \$10, needs no tools or diets! Why not put it to work for you – tomorrow!
- Sell thousands of dollars of a NEW product, before you bring it out or even spend one penny to make it!

PAIN-CAUSING POISONS LITERALLY POUR OUT OF YOUR BODY!

Again, to list only a few examples of the specific, step-by-step “Super Food” Treatments given you in this great book:

- Home treatment for constipation that works through your skin, and removes internal poisons, painlessly and automatically, at the same time it restores normal functions.
- How to increase the blood flow (and therefore the life-giving oxygen_ not only to your heart tissues, but your entire circulatory system. (As just one side-benefit of this new, natural therapy, cold feet simply feel warm and good again!) This process automatically lowers the workload of your heart, and your lungs, and so, as another marvelous side-benefit, almost immediately diminishes the ever-increasing shortness of breath that plagues most people!
- How to get rapid relief from gallbladder pain. A treatment that also may enable you to actually, painlessly pass a stone or two (and get rid of them for good). And, at the same time, stimulate the flow of bile from your liver, and begin simultaneously stomach-healing food-therapy.
- Why hemorrhoids do not have to be endured any longer! A simple capsule that may yield apparent benefits in a day or two, with restoration of normal function and comfort in a few weeks, just as it has in case after case in Dr. Nittler’s own files!

- How to keep from being poisoned by commercial food sprays. This method simply removes the spray from fruits and vegetables – in minutes!
- A new way to brush your teeth that costs nothing. And that greatly increases your powers of digestion!
- How, if you suffer from an acute illness, you can actually feed your body healing food-ingredients through the skin. That go to work to help you, in seconds!
- How to cut down overproduction of stomach acid almost immediately without taking a thing!

This Is What Liver-Detoxification Does! Causes PAIN-CAUSING POISONS TO LITERALLY POUR OUT OF YOUR BODY!

- The best and most ancient method of healing wounds (Animals do this instinctively. But we've forgotten it.)
- A do-it-yourself prostate massage that involves only a simple motion with the legs and soles of your feet... plus a little-known and delicious food that greatly aids in the normal function of this important gland.
- What to do for repeated violent pains in the chest (called Intercostal Neuralgia, and often mistaken for heart trouble or even attack). How to tell the difference at once. And then use a simple natural spray that relieves this torturous pain in minutes, for hours!
- The inexpensive food that has fantastic results with cold, and even flu! As Dr. Nittler says: "This remedy alone cures many cases of flu."
- Why Dr Nittler dares to say: "I have known very severe long-standing cases (of Athlete's Foot) respond dramatically after one application"!
- And why he also says: "I have seen a deep nasty boil on a cheek drain through the skin in one night with the use of this (natural food product). The infection was on the pad, there was no infection left in the boil and no wound visible."
- PLUS: emergency treatments for burns that prevent scarring... a simple remedy for poison ivy that works... how to melt away warts (and even some brown

spots)... a non-prescription product (as are all the other remedies given here) that has a wonderful healing effect of the mucous membranes of the intestinal tract... home remedies for internal parasites... what you must do, at once, for diarrhea... how Dr. Nittler treats ulcers... how to rebuild weak stomachs, without aggravating them... how to break fever in emergencies, especially in children... the tested routine to follow for any virus infection... strength-foods for every part of the body... how your body can build up its own reserve supply of nutrients to fortify its natural resistance in terms of stress or epidemic... weight-reducing without tears... the most effective treatment ever invented for hypoglycemia (low blood sugar)... and much, much more!

Secrets of Eastern Super-Men Revealed To West At Last!

Here – again – is a small sampling of what awaits you in this truly incredible book:

The Magic Laws Of Nature – Revealed At Last!

- How to cleanse your mind and body, with your own breath, so that your skin may actually become free of blemishes... your digestion that of a young person... your voice filled with the charm and fascination of music.
- How to gain incredible personal magnetism, that makes others follow your commands without question.
- Why the powers of will, of concentration, and of mind-functioning that you use today are like a feeble infant to those that actually lie buried inside you.
- How to achieve THOUGHT-VISUALIZATION so powerful that others standing next to you will actually be able to see, feel, be visibly moved by your thoughts, as though they were real!
- The truth about FEAR. And why, if you allow it to run uncontrolled in your mind – if you do not take this one simple precaution against it – it may actually destroy your fortune by materializing the thing you fear most.
- How to rid your mind forever of the deadly ideas of disease, failure and poverty.
- How to DEMAND success from life! How to turn wishes into demands, and demands into inevitable reality!

- The art of getting yourself ready to receive success.
- The art of Masterly Inactivity! How to make great fortune COME TO YOU – far faster than if you were to pursue it 24 hours a day the wrong way!
- Why some men’s dreams always come true, and others always fail. Why fools often make fortunes from situation wise men avoid like the plague. Why some people attract good luck like a magnet, and others can only borrow bad luck. There IS a key! And page 55 has it!

You Have Far More Power Over Your Life Than You Have Ever Dreamed! This Book Shows You How To Use It!

- The great “Image-Mistake” four people out of five make, that opens their bodies wide to sickness!
- The scienting of tuning in to God.
- How to take a “two-week vacation” in 15 minutes, without ever leaving your chair. How to develop beautiful body muscles and posture by practicing “imaginary” exercises. How to attain the “perfect” state of relaxation – lay in such effortless ease on your bed that it is virtually impossible for you not to fall asleep.
- Why do bad things happen to you? Learn for the first time how most people literally TUNE IN to bad luck! And how to shut it out of your life as though you were slamming down a window on a draft!
- How to STOP LETTING OTHERS SHAPE YOUR WORLD FOR YOU! And start shaping life TO YOUR OWN ENDS – TOMORROW!
- When the first youth has faded from your body, a second youth still remains to be tapped. Here’s how to develop it – overnight.
- Why pain is an illusion. And how this simple technique of controlling your nerve-reactions can prove it to you in a few short minutes.
- Do we live again? Is there a Grand Cycle of Life that knows of no mortality? Read page 176, and discover why the answer is overwhelmingly YES!

The SPRINGTIME of A WOMAN'S LIFE SHOULD BEGIN AT 55

That she should not reach middle age till she is seventy. And that she should not lose her ability to attract men until she is well past ninety – IF SHE WILL ONLY BECOME AWARE OF THESE FOUR GREAT NATURAL SOURCES OF PROLONGED YOUTH, COMPLETELY OVERLOOKED BY 99% OF AMERICAN WOMEN!

For example:

1. An ingenious way to rearrange the way you hold your face and neck, for a few incredibly relaxing minutes every day, that virtually melts away years from the appearance of the skin of your entire body. (You'll learn why this simple posture works such breath-taking wonders in the paragraphs below.)
2. A new way to breathe – that purifies your system of the internal poisons that keep you constantly half-ill today, and that eat away your youth like acid.
3. A new way to achieve truly deep sleep – that recharges your body like a battery every night, and keeps accumulated exhaustion from turning you old.
4. And perhaps most important, and most startling of all, a new way to fight the nerve-relenting forces of gravity that cause the muscles of your face and body to sag deeper and deeper every day.
5. (This posture alone – this simple, 4,000-year-old "Effortless Exercises" that actually reverses the effect of gravity on your body, and causes it to firm up your muscles instead of collapse them – can give you a slimmer, younger body overnight, and for the next fifty years to come. You'll understand why when you read the paragraphs below.)

Now these "Effortless Exercises" begin to work their magic – for probably the first time in your entire life – on the internal glands and organs that either keep you young 'til ninety (if you keep them healthy and strong) or (if you allow them to wither up from disuse) turn you into an old woman at thirty.

For example:

- Here is an incredibly gentle posture that virtually doubles the amount of circulation that reaches the vital nerve centers in the back of your head and neck – and thus puts you to sleep faster and deeper than you have known in years. (You'll be amazed at the energy with which you bounce out of bed the next morning.)
- Here is a one-minute technique that turns ordinary air into the most potent revitalizer in the world. (Try it for exactly 60 seconds when you're exhausted from housework; see how it enables you to out-dance your teenage daughter till dawn.)
- Here's how to flush internal poisons right out of your body. Clear your complexion. Purify your blood. Get overnight relief from those vague aches and pains that drain youth like a dripping faucet.
- Here is a special posture for the woman who is beginning to lose her animal attractiveness. Whose husband is losing interest in her. And who wants him to gasp in delight just a few short nights from the time she first opens this book.

Why Models Stay Young Till Sixty!

These Models Say Old-Fashioned Huff-And-Puff Exercises Are OUT! If You Want A 28-Inch Waist At Age Sixty – Do This Instead...

- Just MOVE that way you're shown on pages 89 to 103... and watch inches seem to evaporate into thin air – as though you could practically "smile" them away!
- Here are special, super-effective slimmers for the stomach, legs, hips, calves, derriere, arms, bosom – and especially that embarrassing "below-stomach bulge" that otherwise grows larger and larger! Also two startling "firmer-uppers" for neck lines and for bags under your eyes that you must try at one if you suffer from either one!
- Incidentally, if you want to smooth out lip wrinkles, also check page 101 at once!

And this is till just the beginning! We just don't have room enough here to mention all the professional beauty secrets revealed at last in this eye-opening book! For example:

- How to eliminate muddy, bumpy-looking complexion with nothing but water...

- How to get rid of “early morning wrinkles and bags,” in minutes...
- How to build a voice as seductive as your new body – a complete mini-course...
- How to achieve the illusion of a near-perfect face (for example, if you have a receding chin, how to “Add” to it in seconds)...
- How to blend your own shampoo, skin creams and facials, that cost almost nothing, but far outperform the expensive kind...

“You May Suffer From This SECRET SICKNESS That Makes Millions Of People Weak And Weary All Their Lives.”

I Want To Send You, To Read At Absolutely NO RISK, The Information You Need About Hypoglycemia And How To Get Rid Of It:

- You are going to see, first of all, that you eat hearty helpings of meat, eggs, fish, cream, favorite fruits and vegetables, some desserts, and some absolutely wonderful food combinations that everybody enjoys. In many cases, SIMPLE FOOD AVAILABLE AT ANY SUPERMARKET!

Are you overweight?

- The trouble may be hypoglycemia. Read the story of Shirley M. (see page 7 in my book) and you may realize your fatness is an adaptation to hypoglycemia. Your way to a slender, healthier body does not lie in frantic exercise or starvation. The chances are that it lies in GOOD NUTRITION, and it's helpful effect towards getting your blood sugar balanced and keeping it that way!

Are you growing old too fast?

- The trouble may be hypoglycemia. When you get your approval copy of my book, turn to Chapter Five. Here I combined tested diet principles with my lifelong work in geriatrics. This chapter can be priceless for anyone over 50. It can make your friends and family ask you, “What makes you look so young, lately?” You feel that way too!

Is insomnia your problem?

- The trouble may be hypoglycemia. I want to give you an utterly simple SOUND SLEEP SECRET that is so natural, and has such long-term health-building benefits, you'll bless the day you took two minutes to find out! Read, on page 125, the "bed sheet" signal of trouble with blood sugar. Read new findings about SLEEP that can make you feel as though you had been born again!

Must you have sweet snacks or alcohol every little while to keep you going?

- The trouble may be hypoglycemia. You may need snacks – and the anti-hypoglycemia diet includes special between-meals snacks and before-bed snacks, so you never have to go hungry. When enjoyable snacks become – not a "Secret vice" – but your "best medicine" – you know you have found a new way to eat that is not only a way of health but also a way of good living!

Are you troubled with brain-lag, brain-fog, or even serious mental symptoms?

- If you are nervous, or edgy, or suffer lapses of memory, hypoglycemia may be flying a red flag of warning. Read page 21 – neurological symptoms. Yes, your brain can be literally crippled, or at least badly hampered, when it does not get its proper nourishment. Give your brain a chance to "fuel up", and you may discover, as so many already have, that you start living a new life almost immediately!

YOUR EYES CAN HEAL THEMSELVES

Here is specific, step-by-immediate-step advice that will (again to quote directly from the book itself) "be free from pain and discomfort, able to do normal seeing in God's sunlight"!

For example:

- Why, with this method, no strain at all is necessary; any strain at all interferes! And therefore you must PLAY at your simple relaxation drills! Do them easily! Don't make work of them – since they are NOT exercises; but looseners!
- Why this method is completely harmless, since it is relaxation, and not exercise. And relaxation is never harmful!

- Why this method removes both physical and mental strain! And why, as you relax, this proper way, the act of relaxation actually speeds circulation through your eyeball, to carry away impurities and bring fresh stimulation to the retina!
- Why even blindish, dimming eyes have greater vision after only one of these simple treatments!
- Why this treatment's beautifying effect on the eyes is "miraculous"! Why eyes treated this way have a sparkle and high lusted that no beauty drops ever give! Are never watery, gritty, itching or bloodshot! Why they are suddenly turned into wide and "shining youthful" eyes!
- Why this method automatically, as a blessed side-effect promotes restful sleep, and combats even long-standing insomnia!
- Why most myopic (near-sited) eyes can be brought up to "completely normalcy" by this method!
- Why "old-age sight" – the inability to read without glasses – can now be forestalled and prevented in all types of eyes!
- How both motion pictures and television can now be both effortless and good for the eyes – and actually used as sharp-vision builders for sub-normal eyes!
- And – perhaps most startling of all – why even failing memories can often be restored by improving the vision this way!

YOUR NERVES CAN CURE THEMSELVES once you learn how to de-sensitize them, this doctor's ingenious new way...

And therefore the way to treat ALL these symptoms is NOT with drugs... NOT with shock... NOT with medical formulations or hospitalizations at all! The way to treat these nerves is to change the poisonous-thoughts that are rubbing them raw!

And this is done (as proven by this internationally-famed physician on thousands of patients) in four simple steps!

- The first of which stops nervous symptoms (both physical and emotional) from multiplying from that moment on!

- The second of which serves to tranquilize and quiet down those over-sensitized nerves for more powerfully (and permanently) than any drug a pharmacist could ever give you!
- The third of which lets you stop fighting those symptoms (which only intensifies them in an ever-increasing spiral of sheer torment), and – instead – leave them alone in an ingenious way that lets them start healing themselves!
- And the fourth of which – the great reward – brings you slowly-but-surely back to the person you used to be! With a new, enduring feeling of control and confidence that nothing can destroy! So much so that this doctor actually comes right out and states bluntly: “The advice given here will definitely cure you, if you only follow it”!

Once again, it doesn't matter what physical or emotional symptoms you are now suffering from... how “deeply entrenched” they are... how long you have been plagued by them... how “old” or “weak” or “out-of-control” you may feel today! Here is specific, step-by-immediate-step advice that will (again to quote directly from the doctor) “banish every unwelcome sensation and regain peace of mind and body”!

For example:

- The two-minutes self-treatment (you perform one ingenious little action with your chest) that ends sudden panic seizures on the spot – including all their side effects such as dizziness, pins and needles, involuntary stiffening of the joints, inability to breath, and all the rest.
- The “lump in the throat that won't go away” – how to banish it in minutes... and enjoy eating any food you wish to once again!
- Physical weakness – perhaps the most dreaded of all symptoms – and (surprisingly) perhaps the fastest of all to banish!
- How to deal with the twin monsters of fatigue and guilt! And leave behind emotional exhaustion... morning depression... thoughts that once raced around and around in your mind without cessation (And leave them behind – for good!)

- Why so many patients who tried these simple techniques actually came out of their nervous sickness as far finer and stronger people than they ever were before!
- How to recover from chronic tension caused by an insoluble problem! The only sane way to overcome it! How to avoid unnecessary suffering, for both yourself and others! And, perhaps, actually turn your worst defeat into crowning success!
- The surest and most permanent way to cure obsessions!
- How to tap the forces of Nature, every morning, that are just waiting to cure you!
- How to bring happiness back into your everyday life! Not by waiting for some great event of reward... but simply by developing the eyes to see joy in the little things all around you!
- And – the final goal: How to develop the kind of nervous control that automatically turns panic off the instant it starts! That frees you forever from “nerve-crutches” such as drugs or alcohol! That lets you pick up your life again from the point where over-sensitized nerves forced you to abandon it, with absolute confidence that you now have the poise and self-possession to accomplish the goals you have always wanted!

These People Would Be FIRED If Their Bosses Knew They Let You In On SUPER-BARGAINS

Like These:

- Premium gas for less than regular... ground sirloin for less than hamburger... top designer dresses for less than \$25...

Or:

- A newly-decorated house that costs exactly \$70 down, plus a monthly payment of \$87, and no closing costs or sales commission...

Or:

- 60¢ for a moisturizing lotion that costs other women as much as \$10... free legal advice on writing your will... a Christian Dior nightgown for \$6... a \$150 round-trip airline tickets for \$25... the best accommodations in any city you visit, free... a way to buy and sell stocks, with no brokerage commission... appliance repairs for less than \$1, returned good-as-new overnight... a better room in a hospital, for 25% less than your friends pay... \$250-off on a stereo-color TV...

Almost unbelievable bargains like these...

Want To Save Hundreds Of Dollars A Year On Liquor And Food? THEN DON'T SHOP WHERE (OR HOW) YOUR NEIGHBORS DO! Use These Professional Shopping Secrets Instead:

- If you have children, one simple twist alone will save you up to \$73 a year in milk!
- Don't buy soft drinks in a store, and keep up to a third of the ordinary half on bread, rolls and desserts!
- Even liquor can be bought at a discount (as much as one third off on any brand) under these conditions!
- Why not drink champagne... as long as it only costs \$2 to \$3 a bottle!
- PLUS: top-grade steak for 25% off, everyday of the week... baby food for less than half price... top-selling beer at prices so low you may not believe it till you taste the first bottle... and more, and more, and more, and more! And it's only the beginning!

Want To Save Hundreds Of Dollars A Year On Your House And Car? THEN DON'T SHOP WHERE (OR HOW) YOUR NEIGHBORS DO! Use These Professional Shopping Secrets Instead:

- You don't want to buy right now? Then how about renting a magnificent \$30,000 or more house... for \$85 a month! All it takes is one phone call to the right place!
- Beautiful bookshelves (and the encyclopedias to fill them) are within the reach of any family, if they shop at the little-known outlet that sells them for one-quarter the regular price! (Not 25% off, but 75% off, mind you!)

- And breathtaking furniture can be bought for as little as 20% to 30% of the price your neighbors pay, if you buy it in this ingenious new kind of store!
- Or, if you want a dishwasher, or other kitchen appliance, you can pocket an extra \$35 or more, over the best discount price in town, by not buying it in a store at all!
- How about a new car? Would you be willing to sacrifice a few hundred dollars on it... buy it from a source that only one person out of a hundred knows about... and save as much as \$1,500 on its price!
- PLUS: How to make your tires last twice as long, with ten seconds extra work a month... slash up to 50% on oil and gas... make sure you're only paying for the repairs you really need... and much, much more! And it's still only the beginning!

How To Save Hundreds Of Dollars A Year On Travel... Telephone Bills... Medicines... Vacations... Investments... And All The Rest!

Including:

- Getting after-shave lotion so cheap that you can practically fill your bathtub with it.
- Picking up beauty parlor waves for half... wigs for half... lipsticks, not for \$2 apiece, but 39¢!
- Fabrics for do-it-yourself sewing for 40% off... dinners out for 25% off... a free camera for your next vacation... movie tickets for 33% off... \$80 suits for \$20 (why not dress like a millionaire?)... a funeral (if anyone in your family should ever unfortunately need it) for as little as \$100... top-brand children's shoes for \$1.25 a pair!
- Plus maternity dresses at 75% off... beautiful professional photos of your children for as much as 90% off... vitamins for 50% off... free baby shots... thousands upon thousands of free gifts from your good old Uncle Sam, if you know how to ask for them... records for up to 70% off... win for pennies a bottle... a three-month vacation to as many cities as you want in the country for only \$99... free cars (and probably gas) if you want to drive on your vacation... or (to cap the climax) a stay at a Sixteenth-Century French palace – including room, marvelous wins, and never-to-be-forgotten food – for exactly \$12 a day!

Amazing New Technique That Lets You Iron The Wrinkles Right Out Of Your Skin Just As Easily As You'd Iron Them Out Of A Shirt!

Starting With The Special 10-Day Anti-Wrinkle Program, You Can Fight Wrinkles From WITHIN And WITHOUT!

- First, you'll learn how to "iron way": horizontal lines on the forehead (sometimes found even on the faces of very strong girls!)... unfriendly-looking scroll lines... crow's feet (they appear particularly early on women who smoke.... wrinkles running from the brow to the hairline... "hunting dog" jowls... and those aging circles and bags under the eyes.
- Plus, "laugh lines" and creases around the mouth... "pouches" on the sides of the face (charming on squirrels, but not on you!)... sagging lower lip... double chin... lines at the bridge of the nose – and even ugly "turkey neck" (here's a place you'll see astonishing results after just the first treatment!)
- Then, you'll start to create a wrinkle-free body by smoothing away lines and creases (again, with just plain tap water and a simple household item you probably already have around) on: neck... chest... arms... diaphragm... waistline... sides... legs... ankles... buttocks... thighs... shoulders... hands – and all those annoying)and all too obvious_ "cellulite" areas!

Discover How To Use These Anti-Wrinkle Foods Both IN and ON Your Body, Too!

- In this chapter you'll find the Special Foods that "feed" youthful good looks right into your skin – those particularly rich in the "beauty" vitamins (such as A, C, B-2, E and F), vital minerals and nucleic acid. You'll also learn which fruits contain a substance called "humectant" – the most important element that supplies moisture to the skin and then helps keep that wrinkle-chasing moisture locked in.
- And, here is an oil that can penetrate that surface of the skin within ten minutes. Plus, another common food (used as a beauty aid by the ancient Aztecs) that is 73% moisture in a natural emulsification, contains 8 essential vitamins, 7 minerals plus protein. You can eat it, use it as a conditioner for sun or wind-damaged hair and skin – even use the seed as a facial exerciser!

- You'll discover a recipe for a completely natural cleanser that smooths out rough, dry skin and an anti-wrinkle cream you can make yourself for just a few cents. Plus recipes for masques you can make at home to remedy large pores and sallow coloring... help dry skin... oil skin... dissolve old-looking dead cells right off the skin's surface – and even one to lighten freckles and brown spots. And this masque (it costs \$150 at a famous health spa) kept one great Parisian beauty wrinkle-free until the day she died – well into her 80's!
- You'll find out about a fruit that is not only good to eat, but also aids digestion, soothes upset stomach, cleanses the intestines and beautifies the skin at the same time. (All because it's positively overflowing with Vitamins C – it has more than orange juice – A, B, and G.) And, after you finish eating it, you can rub the peel directly on your skin to naturally soften and smooth its texture! Still another well-known fruit acts as a natural disinfectant when applied to oil or blemished skin for just 15 minutes. (I tried this myself and am living proof that it works!)

PLUS These Wrinkle-Chasing Exercises!

- To do it in bed, on the floor, in the bath, while washing dishes, cleaning your teeth, waiting for a bus, or even riding in an elevator. Designed for busy women of all ages, these simple movements will fight special beauty problems and help you create sparkling beauty by: eliminating “worry” lines between the brows... strengthening the large circular muscles around the eyes to prevent or correct sagging... give a firm, youthful, rounded contour to cheek muscles... erase vertical lines above the mouth and eliminate drooping eyebrows. Others will firm and smooth jaw and throat... combat aging double chin... fight ugly nose and chin wrinkles... lift the corners of the mouth... improve tissue structure and lip texture... banish crow's feet – and even chase away those tell-tale wrinkles running from behind the ears down into the neck.
- Then, move on to these dynamic “no strain” exercises specifically planned to help you prevent (or eliminate) unsightly “pot belly” (especially obvious in today's slim jeans and slacks!)... strengthen the muscles of the lower back... aid in elimination... trim and firm buttocks and thighs. There's one to make your whole body more flexible, one to strengthen legs and knees, another to improve lung capacity – even one to benefit the thyroid gland (which many believe to be the vital key to holding off the visible signs of aging!)

Learn The Anti-Wrinkle Way To Make-Up!

- Discover which type of foundation actually accentuates lines and wrinkles... how to choose, the right color make-up for your true skin tone... why you should never use a powder puff or colored washcloth on your skin... which lipstick shades can make you look years older than you really are... what type of eyeshadow is best for oily skin... and how to avoid stretching wrinkles right into your skin when applying cosmetics. You'll also discover special "professional" make-up tricks to give you that youthful "wide-eyed" look... make bulging or protruding eyes look smaller... make thin brows appear "naturally" thicker... and how to use mascara to dramatize and beautify eyes at any age.
- Learn the Anti-Wrinkle Way to Sleep and stop inadvertently pressing wrinkles into your face, neck and eye area through bad sleep habits. Instead, discover a new way to sleep that will eliminate lines and creases already there – and prevent new ones from forming. Plus, a sure-fire, completely non-drug, scientifically-proven way to end insomnia forever!
- When you Bathe the Anti-Wrinkle Way you'll be aiding circulation, relaxing the muscles, stimulating the skin and leaving it with a smooth, silky feeling. Also, in this chapter, you'll learn how to make your own bath oils, lotions and powders at a fraction of what you'd pay in the stores. (And don't forget to read about that widely advertised and promoted bath routine that can actually scratch and pull the skin so much that it will eventually dry up and form ugly wrinkles all over your body!)

PLUS Dozens And Dozens Of Smart Anti-Wrinkle Tips Like These:

- Learn how to make the Anti-Wrinkle Cocktail! Drink it daily (preferably 30 minutes before you eat) and you'll keep your cholesterol level way down, all the while you feed your hair and skin with vital nutrients that will make them look healthy as a teenager's!
- How to camouflage your less attractive facial features (everybody has at least one!) by using the right hairstyle, make-up, clothes, jewelry or even eyeglasses to draw attention elsewhere.
- How to prevent ugly stretch marks on your body. But, if you already have them, you must try this completely natural remedy (it's mentioned 7 times in the Bible

and it used today in many hospitals to heal burns and encourage new skin growth after surgery) to banish them in no time!

- And this is the biggest enemy of youthful skin! Because if you don't know how to treat it, it will thicken, harden and shrink your skin, leaving it aged and leathery-looking. Plus, it can cause irreversible damage to the skin's delicate upper-layer, and in some cases, even lead to the development of dreaded cancer!
- Discover a hairstyle that the authors promise can give you an "instant face lift" and make you appear years younger!
- And which popular, commercially-produced facial masques and eye creams may actually cause wrinkles, rather than prevent them!

Are You Ready To Use SELF-HYPNOTISM To Make Life Give YOU What You Want!

The book helps you unlock the door to a full life with the seven keys to health and life-long vitality. Here, in these pages is the essence of a full-scale self-therapy program that has made author Leslie M. LeCron one of the most sought-after teachers in the world today. Here are just a few of the secrets revealed in this fabulous volume:

- How to use self-hypnosis to cure your slipped disc, backache, headache, low back pain, even the painful torticollis or "wry neck" that has defied medical science.
- How to conquer a condition we call "loneliness" but which our subconscious mind knows to be a genuine starvation of our love needs.
- The amazing truth about arthritis and bursitis-conditions which reveal themselves instantly to self-hypnotic probing.
- How we subconsciously hold on to symptoms long after the "need" for them is gone. (Example: how to get rid of a 50-year bout with hay fever in just one session.)
- What happens to almost every asthmatic who is asked a sudden, unexpected question by a wise hypnotist.

- Even if you're been smoking for twenty-five years you can give it up overnight – and actually enjoy the so-called “withdrawal” period.
- How to relax completely and free yourself of each day's accumulation of nervous tension.
- How to overcome the fear of death and illness.
- How to use post-hypnotic suggestions to overcome hostility and anger, hopelessness, frustration, fear of rejection.
- First time in print... the most effective way to control overweight – on a self-hypnotic diet that requires no dieting.
- How to do away with fatigue in your life – forever.
- The 10-count method that creates ideas – and brings you advancement in your job.

Is it true the amazing secret of TELECUT POWER AUTOMATICALLY BRINGS YOU ANYTHING YOU DESIRE...

Admittedly, the concept this book promotes is completely opposed and contrary to normal human knowledge and experience. “But at this very moment,” says Mr. Dubin, “I have startling proof that I want you to see with your own eyes! I want to show you...

- “How diamond and jewels have appeared, seemingly out of nothingness, shortly after the use of this strange secret!”
- “How a man used this method for a pocketful of money!”
- “How a woman used it to fill an empty purse!”
- “How a farmer received a pot full of gold!”
- “How another user Teleported a gold jewel box to her, seemingly out of this air”
- “How a woman used this method to regain her lost youth!”

- “How a man, growing bald, claims he renewed the growth of his hair with this secret!”
- “How a woman used it to bring her mate to her, without asking!”
- “How another woman summoned man to her – out of thin air!”
- “How a man heard the unspoken thoughts of others, with this secret!”
- “How a woman saw behind walls and over great distance, with it!”
- “How a man broadcast silent commands that others had to obey!”

Doctors Claim New Miracle Drug Reverses Aging Process – Can Prolong Healthy Life Up to 120-150 Years of Age

Read about “miracles” like these...

Indeed, the case histories in this book read like miracles... old men and women become vital and alert again... symptoms of crippling disease vanish, often hair becomes dark again, stops falling or even grows back. Skin becomes less wrinkled, fresher, and healthier looking. Here are a few brief examples...

- An elderly, almost non-functioning man resumes normal life (page 173).
- A crippled arthritic walks without crutches (page 191).
- A 63 year old throws off symptoms of Parkinsonism (page 60, 182).
- A 112 year old becomes alert, interested, vital again (page 177).
- A serious emphysema-asthma case experiences lasting relief (page 193).
- Brown age spots disappear, skin regains elasticity, looks younger (page 188).
- Failing memory is greatly improved (page 169).
- Eyesight, hearing become sharper (page 52).

- Extremely bad psoriasis is cured (page 174).
- Sex drive is restored (page 52, 57).
- A bald person regains full head of hair (photographs, pages 82, 83).
- 2/3rds of ulcer patients show remarkable cures (page 139).
- And much more.

Doctors in Sweden say there IS a Cure for Arthritis

The book describes the three basic steps in this program of treatment: controlled fasting, a special diet, and mild exercise. Quoting extensively from the doctors he interviewed, Airola explains:

- The decisive role of proper nutrition in effecting the cure; and the six rules of eating the arthritic must observe.
- Daily menus for breakfast, lunch, and dinner served in the Swedish clinics; with recipes for preparing these tasty dishes.
- The simple forms of exercise prescribed for patients in Sweden.
- Why the arthritic must throw away his bottles of aspirin, and stop taking drugs like Cortisone and ACTH.
- What the doctors say about the effects of climate on arthritis; the high-protein diet fad; the role of constipation; and the value of food supplements in the diet.

THE MAGIC POWER OF WITCHCRAFT

IN THIS BOOK YOU'LL DISCOVER...

- How To Cast Spells That Really Work!
- Your Magic Window On The World!
- Personal Protection!

- Telepathy Made Easy!
- Influencing Others To Do Your Bidding!
- Controlling A Conversation!
- The Technique Of Silent Persuasion!
- Using Witchcraft To Find Friends!
- How To Find The Liver You Want!
- How To Bring Your Perfect Mate To You!
- How To Dominate Others!
- Witchcraft Power For Money!
- Witchcraft Power To Make You Irresistible To Others!
- Spells For Finding Lost Objects!
- How To Always Win With Luck Spells!
- More Power For Bigger Goals!
- Inhaling Cosmic Energy!
- Recharging Your Cosmic Batteries!
- Raising Your Vital Energy Level!
- How To Keep Evil Forces Away!

Put very simply... There Is No Sex-Book Anywhere Nearly As Good As This One!

HERE ARE A FEW OF THE HUNDREDS OF QUESTIONS YOU WILL FIND ANSWERED IN BEDSIDE MANNERS...

- What are the 10 most common reasons many women fail to have orgasms? How can they be overcome? What can you do to increase your sensitivity? Is it true that only 40% of all women reach a climax during intercourse, that there are five types of female orgasms, that many women aren't even sure what an orgasm feels like? (See pages 139-155).
- How does the recently discovered "adrenaline reflex" cause premature ejaculation, and why psychological steps can you and your partner take to avoid it? Why can abstaining from foreplay and concentrating on non-sexual subjects have the opposite effect? (See pages 183-215).
- How are vaginal infections transmitted? How can you identify the type you suffer from, and what are the generally prescribed treatments for each? Which ones may indicate your partner has been unfaithful? (See the revealing charts on pages 223-235).
- What is a quick and simple home test that will tell you if impotence is physical or mental? What are some of the signs that indicate the approach of impotence and what should you do about them? Are there any effective chemical cures? What are the most recently discovered treatments? (See pages 183-202).
- What is that new surgical treatment that enables men to create (and keep) an erection whenever they like? Are there any aphrodisiacs that really work? What are the very latest advances in sexual therapy? (See pages 251-266).
- Even though you are bashful and inhibited, how can you lead him (or her) into performing the acts that give you the most sexual pleasure? (See page 77).
- How can you tell whether or not your partner is having an affair? (See page 235).
- What is the truth about that "magical" G Spot on a woman that creates such an intensity of feeling. Where is it really located, and how do you find it? (See page 108).
- What are some of the approved methods for restimulating sexual interest in your mate? (See page 77).

- Is your husband or wife “aversive” (constantly making excuses to avoid sex), and what can you do about it? (See pages 125-130).
- These and hundreds of more questions, most too sexually sensitive to discuss here, are answered in Bedside Manners.

'You Can Get Almost Immediate Relief from Aches and Pains All Over the Body!'

You'll Discover...

- How Reflexology relieved a man's stuffed sinuses. “After the first treatment, he could suddenly breathe through both sides of his nose” and he felt well again.
- How a woman who had hurt her spine, and was in so much pain that she called a bone specialist to take x-rays, received so much relief with Reflexology – after a single treatment – that she was able to get up and do her work. She felt so much better, in fact, that she cancelled her appointment for x-rays, and claims she is fully recovered.
- How a man with a hunchback – a huge, ugly bulge – received a complete healing with Reflexology. He was freed of pain, and “he was able to stand straight.” The hump disappeared. “He was not deformed at all,” I reported!
- How a man who suffered from ulcers, kidney troubles, hay fever, and constipation, received complete relief with Reflexology. “The symptoms of each illness disappeared one by one,” and today he sleeps like a baby every night!
- How a man with a heart condition was healed with Reflexology. Doctors had always warned him he couldn't do the things other men did. With this method, “his heart returned to normal enough to allow him to do anything he wanted, without any trouble. Today, after more than 10 years, he is a strong and well man.”

AT LAST! INSTANT RELAXATION!

Yes! Situations that might otherwise tear you apart with tension, now become completely within your control when you use simple self-relaxing techniques like these:

For example –

- Are you vulnerable to other people's insults? Does other people's rudeness, hostility, impatience cause you to be upset all day long?
- Then by all means turn to page 145 of Dr. Sullivan's revolutionary new book. Learn how easy it is to handle even the most antagonistic person – from rude sales help to waitresses to fellow workers to policemen. Prove to yourself that you can develop an invulnerable wall of self-confidence that quiets them down immediately... that puts you in command of the situation... that lets you walk away with a smile of self-satisfaction – and without the slightest rise in your blood pressure!

And this is just the beginning –

- Do you have trouble falling asleep? Are your nights filled with shallow, dream-disturbed sleep that leaves you tired and dragged-out in the morning?
- Then turn to page 139. You'll find four simple steps that will let you fall into a deep, refreshing sleep whenever you wish. Without drugs or tranquilizers – with nothing more than your mere desire to sleep.
- You'll learn the secret of taking short "energy naps" whenever you wish. That will rest you thoroughly in as little as ten minutes – give you a fresh charge of vitality upon awakening.
- You'll even learn two "magic" words which, after you learn this amazingly simple system, will make you delightfully drowsy the moment you repeat them!
- (The methods in this book are so effective that they have brought deep, refreshing sleep to confirmed insomniacs. They will work for anyone. You can prove this yourself without risking a penny.)

And this is still just the beginning –

- Are you one of those people who frets and procrastinates about spending money for fear or making a mistake?

- Then read every word on page 169. You'll find an entire section devoted to taking away the anxiety and worry usually connected with buying a new home – purchasing an automobile – parting with any amount of money.
- And you'll also discover a special piece of wisdom that will allow you to make up your mind in half the usual time – and cut your chances of making an error almost to zero!
- Do parties and other social gatherings make you wish you'd never received the invitation?
- You'd be surprised how many other people feel exactly the same way. But there's absolutely no need to feel uncomfortable, awkward, ill-at-ease at parties anymore. A simple technique described on page 229 will show you the secret of relaxing from the very first moment you walk in the door.
- Yes, and you'll learn how to loosen up... express yourself freely... make people like you at once... leave a lasting impression of warmth and excitement – even if you knew no one in the room only one short hour before!
- Would you like to skyrocket your performance in sports – overnight?
- Most people lose their smoothness and power because they “choke up” with tension in the crucial moments – or when other people are watching them.
- If you could eliminate this tension – if you could draw on all the power and coordination that's really in your body – then you would have a tremendous advantage over your competition before you even picked up a club, a racket or a ball!
- There are two entire sections in this book – starting on page 228 and 239 – that show you how to keep cool, calm, at top form... no matter what the sport... no matter how high the tension mounts!
- And the same exact techniques will be invaluable for you if you play cards... invest in the stock market... or have to buck cut-throat competition in your job or business.

- And speaking of business, do you tie your stomach up in knots when you have to make a crucial decision – sit in your business discussion... sell your boss or your co-workers on your ideas?
- Then don't miss page 194. It's the beginning of six startling pages that are alone worth the price of the book to you. It gives you new techniques for making right decisions – fast – without anxiety – and with all the facts at your fingertips for perhaps the first time in your life.
- This one secret alone – or letting vital decisions half-make themselves – can build you a reputation for steel-nerved judgement that can alone be worth a fortune to you.
- And then skip back to page 61, and discover how to automatically drain away anxieties the very moment before you begin to sell others your ideas. So you can be completely at ease, whether you have to address a crowd of one hundred, or convince a single man in the privacy of his office.
- Plus, of course, a thrilling new concept of “psychological judo,” that shows you how to win people over to your point of view no matter how antagonistic they've been to it before. Again – alone with the low price of this book!
- Yes – even if the thought of a trip to the doctor or dentist is torture to you. Even if the buzz of his drill sets your nerve tingling in anticipation of pain!
- Then you need page 91. For here are six simple steps – self suggestion in its most valuable form – that actually saves you hours of otherwise agonizing anticipation! We can promise you this: that they are so incredibly effective that you will actually be able to sit back in that man's chair and KNOW that the only thing you feel is relaxed!

And you prove every word of it, entirely at our risk. Here's how –

An entirely different kind of book, to give you an entirely new power to relax!

But this is still just the beginning.

- This book doesn't restrict itself to just the “big-tension” crises alone. It also shows you how to relax completely in the dozens of borderline-tension moments

that pile up on top of you every day – that build up to exhaust you by the time you get home at night.

- For example, here's how to relax completely while you're driving, even in the worst traffic jams. How to relax at meal-times – either in crowded restaurants or at home with the children – that turns meal-times from a torture to a pleasure.
- You'll learn the one big mistake most people make about recreation – that leaves them more nervous and tired than ever – and how to cure it in seconds.
- You'll learn how to double the enjoyment you get from your children – without having a cloud of mutual tensions ruin your relationships with them.
- You'll learn how to use an hour in front of your TV set as a time – not to drain you of energy – but as a thrilling energy-restorer!
- You'll find surprising secrets about complete relaxation while standing up. While sitting on a bus or train. While working at your desk. Any one of which could double the enjoyment and productivity you get out of every day!

Gary Bencivenga Collection:

Fascinations

Job hunting? How well can YOU answer these 64 toughest interview questions?

Of greatest value, the report reveals the answers that hiring executives love to hear, answers that make them want to hire one candidate above others.

For example, it reveals exactly how to respond to tough questions such as:

- “Why should I hire you?” (Every interviewer wants the right answer to this question. The report tells how to give it – a little-know, extremely effective strategy for positioning yourself as the #1 candidate.)
- “Where can you use some improvement?” (Most candidates think the smart answer is to disguise a virtue as a flaw, as in, “Sometimes I push my people too hard.” But savvy interviewers see right through this little play. The report reveals a much better way to answer.)
- “Aren’t you overqualified?”
- “Why have you been out of work for so long?”
- “Tell me about yourself.” (This one seems so easy, but most candidates botch it badly – and never realize it.)
- “Describe a time when your work was criticised.”
- “Name two weak points of your previous boss.” (Beware – a trap!)
- “Name one thing you would do over in your life.”
- “Why aren’t you making more money by now?”
- “How do you feel about working nights and weekends?”...“Will you relocate or travel?” (Even if you won’t, Don’t say “no” and close the door just yet!)

- “How could you have done better in your last job?”
- “How many hours a week do you normally work?”
- “Where do you see yourself three years from now?”
- “Tell me about something you did in your life that makes you feel ashamed.” (You feel like answering, “None of your business,” but don’t! The right answering strategy preserves your privacy, charms your interviewers and earns his or her respect at the same time.)

5 Additional Free Bonuses

Reader’s of Kiplinger’s Personal Finance who respond immediately will receive these five additional free bonuses:

- **FREE BONUS #1: Interviews That Win Job.** This free bonus report, currently selling nationally for \$49.95, reveals:
 - The simple 12-word sentence that will make you the #1 candidate more often than you’d ever believe.
 - 11 ways to get interviewers to like you.
 - How to make yourself three times more likely to get hired.
 - Interview Etiquette Checklist: Many unwritten rules you may be breaking.
 - Worst times to schedule an interview. Odds of getting hired are very low.
 - The 25 biggest interview turn offs.
 - Mistake made by 90% of those fired from a prior job. It can guarantee you won’t be hired again soon!
 - How to skyrocket your number of job offers by making interviewers feel SAFE in hiring you.

- You'll also discover how to make nervousness and body language work for you...
- How to wow them with your qualifications without sounding braggy...
- The three qualities interviewers prize most...
- How skilled interviewers can detect when you're lying or even "stretching"///
- How to get strangers inside the company to put in a good word for you, and...
- How to "close the sale" – the best strategy for making the "shortlist" of finalists and getting invited back to hear the most welcomed question of all, "How soon can you start?"
- FREE BONUS #2: Red-Hot Cover Letters that generate 50%-100% more interviews. Little-known formula works like a charm. Many examples.
- FREE BONUS #3: Get a Job NOW! Probably the fastest, most effective plan ever devised for getting a new job NOW.
- FREE BONUS #4: Negotiate Your Best Compensation Package. Ways to make yourself more desirable and boost your compensation by up to 25%-50% or more...
 - The "diplomat's secret" for winning more in any negotiation...
 - How to make your bargaining position stronger, even if you're out of work...
 - The innocent ploy that gets the employer to say what he'll pay before you reveal what you'd accept...
 - The only way to know if you're getting top dollar...
 - Compensation Checklist: every fringe and perk to consider when comparing offers.

- FREE BONUS #5: The Greatest Job-Finding Secret: So powerful, this strategy generated multiple job offers even in the Great DEpression. This one simple secret instantly puts you among the most successful of all job-seekers.

Do you make these mistakes in job interviews?

Surprisingly, it shows that beating the odds can be much easier than you'd ever imagine IF you apply some simple rules of effective self-marketing. Indeed, since so few candidates even know about these strategies, they give you an almost unfair edge. For example:

- Why, according to studies, candidates with the best qualifications "on paper" usually don't get the job. You'll learn the factors that count for much more and how to use them to gain enormous advantages.
- 11 ways to get more interviewers to like you. (People only hire those they like)... 25 biggest interview turn offs.
- A simple strategy to make yourself three times more likely to get hired.

Announcing an "apprenticeship program" for aspiring millionaires

By successfully applying the techniques you'll learn, you can reasonably expect to be on the road to financial security in five years. Ten years from now, you may no longer have to work for a living, for your income from your investment portfolio may well have surpassed the income you earn from your job.

What's more...

- The lessons in the program assume no prior investment experience.
- You don't need to take time away from your job.
- You don't have to give up all your free time.
- You don't need to be a financial whiz.

Accept Lessons 1 and 2 Free

To help you get started on the road to wealth and financial independence, we'll send you Lessons 1 and 2 of Successful Investing & Money Management for FREE evaluation and with absolutely no risk or obligation to continue. Put their wealth-building techniques to work for you right away. These two lessons are yours to keep, whether you continue with the program or not.

Here's just a sampling of what you'll learn in these first two lessons...

- How to "uncover" up to \$2,500 in additional funds each year for investing – money you don't even realize you have.
- How to harness the power of compounding to build an investment fortune.
- A plan to ensure that all of your money is working for you all of the time – and producing the highest possible yield.
- How to develop a personal investment plan that will put you in control of your own financial future.
- A review of the powerful tools that you might use to shelter a higher percentage of your money from taxes.
- The single best way to develop a systemic savings and investment program.
- Why reducing debt can be one of the best investments you can make – and a plan for doing it painlessly.
- How to determine exactly what you're worth.
- Guidelines for determining exactly which investments are best for you.
- 10 key rules for investing profitably.
- Specific ways to save money when you invest in stocks or bonds.
- A simple procedure that can almost double your return on fixed-yield investments.

- The best – and worst – times of the year to invest in a tax shelter.
- How to tap the hidden value of your life insurance to obtain investment funds.
- Why – and why – it's wise to borrow money for investments.
- And, how to borrow that money for less.
- The best way to minimize risk in any particular investment.
- Why diversification can mean the difference between success and failure for your personal wealth-building program.
- When taking a loss can be your best investment strategy.
- Sample portfolios for investors who wish to achieve income, growth or protection of capital.
- How to evaluate any investment portfolio.
- Key steps to ensure a comfortable and secure retirement.
- The ins and outs of investing in an Individual Retirement Account.
- How a Simplified Employee Pension plan can advance your retirement goals.
- How to determine if you qualify for a Keogh plan – and how it can benefit you.
- The pros and cons of tax-free municipal bonds.
- Major opportunities for building wealth through real estate.

Shoestring business that you or your wife can start now and run in your spare time!

He has published his findings in a book called, "A Treasury of Business Opportunities," published for anyone who's dreamt of owning a business.

In its fascinating pages, you'll learn...

- How Michael S. makes \$50,000 a year in a small community by providing a little-known, simple service needed by the graduating class of every high school and college. His student customers are easy sales and his work consists mainly of placing phone calls.
- How John H. runs a weekend business that uses other people's vacant land to rake in as much as \$10,000 profit per weekend. No equipment, no investment, no employees needed!
- How James P. charges \$2,000 for a simple service most businesses need, but few people are aware of. He has so much business, he doesn't even advertise.
- How Ronald P. earns \$100 per week on a \$200 investment supplying a service needed by most storefront merchants.
- You'll learn about a unique new product that's selling like wildfire to religious people and gives you a 500% markup.
- You'll discover an easy-to-start business that nets about \$25,000 profit in the summer months alone.
- You'll be given the amazing inside story of a business that requires so little of anything, you could run it out of a phone booth. Yet it's quietly making better than \$50,000 a year for scores of men and women.
- And this is just the beginning! You'll learn how to rake in enormous finder's fees for putting two types of common business clients in touch with each other.
- You'll discover why certain national manufacturers will pay you upwards of \$40,000 a year for making local contracts for them.
- You'll see how to start a business in which moonlighters work their tails off to earn \$50,000 a year.
- You'll learn where to haul away crates of what some businesses consider "junk" – but which other businesses need desperately and will pay you as much as \$60,000 a year for.

- You'll discover a product that costs pennies to make, sells for \$5, and is wanted by thousands in just about every community.
- And you'll be shown how to start an exclusive kind of club which can bring you more than \$50,000 a year from people who'll feel privileged to pay you a hefty membership fee just for the right to belong!
- You'll see how to sell a few sheets of paper for as much as \$2,000 to businesses all over your hometown...
- You'll read about the "dead flower" strategy that requires only one visit per customer per month yet gives back up to \$25,000 per year in return...
- You'll discover how to get people all over your community to gladly lend you their cars and then just as gladly pay you up to \$50,000 per year to perform one simple, nonmechanical act with those cars.
- You'll read the remarkable story behind one little-known business that is not only depression-proof, but actually does fantastically well when the economy grows worse. Not only are the profits potentially enormous in this business, but there is this unexpected advantage: Simple issuing your own business card as a dealer enables you at once to buy men's suits for \$22, metal tennis rackets for \$8, electric type-writers for \$85, and dozens of other items far below wholesale.
- If you or your spouse like to "putter" around the kitchen, just turn to page 68 of this book and see how you can make that uttering yield you a spare-time income of \$25,000 a year.

And if that's not enough to get you started in your own little "goldmine" business, wait till you discover...

- The instant travel business that gives you up to 50% discounts when you wish to go on a trip.
- The simple idea that lets you run your own sweepstakes – with someone else putting up the prizes!
- The method for earning thousands of dollars on other people's inventions.

- 23 different ways your car or truck can help you produce profits every day.
- The way to turn each of your hand-man friends into a spare-time income of \$25,000 a year for you.
- The technique for having your products displayed and sold in the finest homes in your area – with sales as high as \$500 per home. This one strategy alone may be worth 100 times the cost of the book – and it's all yours on page 217.

2 reasons why the price of SILVER may rise steeply

Two powerful forces are at work today which make a steep rise in the price of silver seem inevitable

Now, our new booklet shows you the why's and how's of silver investing. In *The Case for Silver* by Louis E. Carabini, President of the Pacific Coast Coin Exchange, you'll discover:

- Why worldwide silver consumption is in a powerful long-term uptrend;
- The unique properties of silver and why it is an essential and unsubstitutable commodity in many industries;
- 11 facts about the silver mining industry that point to higher prices;
- The silver shortage chartest, with timing estimation;
- Case histories of 4 famous inflations (including Germany's), Investment analyst T. J. Holt's first-hand account of living through a runaway inflation;
- The four main ways to invest in silver, the advantages and disadvantages of each;
- Common questions asked by investors about silver.

Gary Halbert Collection:

Fascinations

An Open Letter To Every Man And Woman In America Who Wants To Have Better Sex Without Feeling Guilty

There Are No Excuses For The Way It Is Presented!

It is very explicit... and... 100 times more detailed than anything else you've ever seen. You will not see any laboratory settings in this video; you won't see any "quasi-porn" nonsense either. What you get here is... the real thing... healthy and healthily hot sexual instruction and real life technical skills unavailable anywhere else on earth. Here's just a taste of what this video reveals:

- How to "set up" the perfect sexual encounter with your lover... every time!
- The Number One Rule that absolutely must be observed for women to have a truly spectacular orgasm!
- The clumsy mistakes 90% of all men make during lovemaking... and...how to quickly learn the "inside" secrets of the most satisfied 10%!
- How to guarantee every thought your lovers thinks of is super-charged with pleasure, excitement and... white hot anticipation!
- The "20-minute secret" that can turn your sex life around immediately! (It's so simple, you'll kick yourself for not having thought of it.)
- The "secret reward" for men who give their women the "fuel" for feeling in love all day long, every day! (Not one man in a thousand understands this "fail-safe" secret of excruciating happiness... and... those who do... almost never share it with even their closest friends.)
- Why men almost always fail to understand a woman's "physiological signals"... and after... years of marriage! (Just learning this one secret will take your love life into another world.)

- The single biggest sexual complaint women have about men!
- How and where to “touch” a woman to guarantee mind-altering sex! (This technique is so simple... and... so little-known... even 75% of all women don’t know about it.)
- The first-ever explicit anatomical “map” of a woman’s body... which clearly outlines... the true location of honest sexual pleasure!
- What women really want from a man! (Nine out of ten men are absolutely floored by this secret... because... they didn’t have a clue.)
- Why men almost never see the “danger signals” that give an early warning that their woman is going to leave them! (Women have a hard time believing men are so dense in this area... but... there’s a good reason for it... and... once both partners know what’s happening... amazingly good things instantly develop.)
- What most women desperately want from a man... which... they practically never get! (Any man who does learn how to give “this” to a woman will see an incredibly exciting change happen in his life... immediately.)
- How to get into a deep, soul-pleasing rapport with your lover... and... stay there forever! (You will never feel alone again.)
- The real reason why Prozac is so popular in this country! (Almost no one... even doctors... understands the startling sexual implications.)
- Very specific secrets a lover can use to give their partner the best sex of their lives!
- How to start having explosive sex tonight... with... the simple basics of great, world-class love techniques!
- Everything you could ever want to know about the “G-Spot”!
- Why your fingernails may be unconsciously turning your lover off!

- The little-known “trick” which ends nagging... on both sides of the relationship... forever!
- Four little “target words” straight from a woman’s mouth... that show you... exactly how to win her heart forever!
- And that’s not all... not by a long shot! This incredible video will get you started on a life so exciting it’s almost beyond description. It will give you everything you need to become a master at creating explosive sex with your lover.

How to collect from Social Security at any age!

Here are some of the little-known facts about Social Security you will find out about in this book:

- How to increase the amount of your payment if you are already on Social Security.
- How to collect your share of the brand new Social Security benefits just passed by Congress.
- How to qualify for Social Security disability pensions at any age.
- How to increase your Social Security benefits.
- How to report your Farm income for Social Security.
- How to make your whole family eligible for Social Security benefits, even your youngest children.
- How to replace a lost Social Security card.
- How to replace a lost Social Security check.
- How to get a refund if you have overpaid your Social Security taxes. (Studies show that two out of three people overpay.)
- How to figure out what your Social Security retirement payments should be.

- Should you tattoo your Social Security number on your body?
- What papers do you need in order to file a Social Security claim?
- How ten million people are who are only 30 years old, on the average, collect Social Security.
- Should you get a divorce in order to get more Social Security? (a lot of people already have.)
- Should you have two Social Security cards?
- How to get free services which are available from Social Security.
- How to make sure your employer is not cheating you on your Social Security.
- How you may be cheating yourself out of your Social Security benefits.
- When are the five times you should get in touch with your Social Security office?
- How to work and still get Social Security benefits.
- How to cash in on Social Security even if you've never paid a penny into it.
- How to get hospital and medical insurance for the aged.
- How students between the ages of 18 and 22 can get Social Security cash benefits.
- How to get the special Social Security benefits that are only for veterans.

How to get what the U.S. Government OWES YOU!

Millions of Americans just like you are already collecting on them. For example, RIGHT NOW, you and your family may well qualify for one, several or all of these government benefits:

- \$5,000 in government loans at below market interest rates – if you know how to apply for the loans!

- Full scholarships and other financial assistance for education. Uncle Sam is paying good money just to locate deserving students!
- Low cost insurance. You can save hundreds of dollars with special government policies!
- A 5-acre vacation hideaway for you and your family, Prices begin as low as \$25 an acre!
- Social Security benefits before you reach your sixties. One and half million children receive social security checks each month!
- Free employment assistance if you are having trouble finding a job because you're not a youngster anymore!
- Free help from the U.S. Secret Service to protect you against counterfeit money and forged checks!
- Free plans and architectural designs for 12 different structures – from a 3-bed-room house to a boat landing!
- A \$25,000 start-your-own-business loan, with 15 years to pay it back!
- Free aptitude tests (that would cost you up to \$25) to find the job you are best suited for!
- 25% to 75% of your rent paid by Uncle Sam – if you qualify and know how to apply!
- Free government land to stake your claim when prospecting for gold, silver or other valuable minerals!
- Free government service to help you locate lost marriage or divorce records!
- Free protection for your children against hazardous toys provided by the government Office of Consumer Affairs!

- The right to enter a fabulous government sweepstakes – a public drawing to claim oil and gas rights to public lands. Profit potential ranges from \$5,000 to \$75,000!

HOW TO MAKE MONEY WITH YOUR CREDIT CARDS

Here are some of the things you can do with your credit cards if you know how:

- You can earn interest (up to 7.5 per cent) on money you have already spent.
- If you can memorize two short sentences you can flash your credit card and get sizable discounts on even the things you pay cash for.
- You can use your credit cards to raise thousands of dollars in cash even if banks and finance companies refuse to give you a loan. And you can do this without anyone approving your credit or making a credit investigation.
- You can cut the interest rate you are paying on your credit card purchases by as much as 50 per cent.
- You can use your credit cards to keep your money at the same time you are spending it and earn interest on it all at the same time.
- You can use credit card company money for as long as 90 days without paying any interest at all.
- You can get up to 40 different credit cards and use each one of them for your own personal profit.

The Amazing Money-Making Secret Of A Desperate Nerd From Ohio!

More Than 20,000 Checks Per Day!

By the way, getting that many checks every day means you have to hire at least 30 full-time employees just to make your bank deposit. But anyway, my “crazy letter idea” isn’t the only thing you’ll learn when you read my book. No. That’s just Chapter One! Here is a sample of what you will learn when you read the rest of the book:

- How to get a product to sell if you don't have one already, and how to get it for nothing! (see page 11)
- How to get as much money as you need to really get rolling... and get it without borrowing! (see page 19)
- How to get movie and TV stars to help you sell your products and services! (see page 21)
- An amazing secret that can turn your local newspaper into your own personal goldmine. (see page 29)
- How to get the exact name and address of thousands of people who would love to send you money! (see page 37)
- What to write on a cheap little postcard that will make people flood you with cash! (see page 41)
- How to mail up to 100,000 letters per week at no cost whatsoever... not even postage (see page 53)
- How to use "976" phone numbers to get people to pay to hear your sales pitch! (see page 57)
- How to use the Yellow Pages of your phone book in a secret way that will flush out huge wads of money! (see page 65)
- How to use cheap little classified ads to make as much as \$10,000 per day (see page 71)
- How to get yourself or your product featured on cable TV at no cost whatsoever (see page 89).
- There more. A lot more. Including how, (if you're not married), to use RCS to find your dream lover...
- How to get the most valuable gift in the world absolutely free (I was once paid \$2,500 for one of these)...

- How to avoid legal hassles and lawsuits from “human buzzards” who are jealous of your success, and so on.

The Amazing Secret Of A Marketing Genius Who Is Afraid To Fly

A brief review of his more fascinating accomplishments may be interesting to you. Here are a few examples of his advertising and marketing wizardry:

- He skyrocketed a tin \$20,000 a year company to \$13,000,000 in sales in just 18 months.
- He pulled \$570,000 worth of desperately needed cash out of a client’s “dead” inventory in just 4 days.
- He co-developed nearly 20 million investor leads for several of the largest stock brokerage firms in the U.S.
- Because of his guidance, another client, a little jewelry firm, banked almost \$80,000 in blessed sales in less than one week using one of his more ingenious techniques.
- He took a medium sized company from \$800,000 in annual sales to slightly over \$7,000,000 in less than one year and this incredible increase was all internally self-financed.

The Amazing Secret of The Hottest Investment of The Last 5-Years!

What is this fantastic investment? Don’t worry. I’ll tell you in a moment. However, before I tell you what it is, please allow me to tell you a few facts that explain why this investment is so darn desirable.

- **Viability:** This particular investment is nicely positioned for every conceivable turn of the economy over the next few years. Recession, inflation, stagflation, a market crash –whatever happens this investment will almost certainly provide a “safe harbor” for your money just as it has for the last 73 years.
- **Profitability:** As explained earlier, this investment has been nearly twice as profitable as its nearest rival and, as a matter of fact, according to the research

done by Salomon Brothers, it has a 27.1% compound rate of appreciation that dates all the way back to 1911.

- Privacy: This is an investment that minds its own business. It can be passed on or transferred without a trace. This is a legal, but at the same time, a conceivable investment.
- Liquidity: This investment has a broad market in virtually every city and hamlet in the free world. Whenever you are ready to sell you can be assured of tens of thousands of eager buyers!
- Growth Potential: According to one expert, the number of people in the market for this investment is going to triple by the end of this decade. Just think about the consequences of that!
- Downside Protection: There is a definitely finite limit of opportunities to get in on this investment and a nearly infinite number of people who would like to participate.
- Affordability: You can get started for less than \$1,000.00 and you can build up your portfolio as slowly or as rapidly as you desire.

How to keep your money from being MURDERED!

Here is just one of the things you can do if you know how. You can go to your bank, take out your savings, fill out a new deposit ticket, put the money right back into another savings account and increase the interest on your savings from 6 to 15 per cent. All in one day! Hard to believe isn't it? But this is just the beginning.

List to all of this!

- When you open a new account you can get ten bank gifts instead of one.
- You can withdraw your money and still earn interest on it.
- You can have two savings accounts paying you interest at the same time on the same money.
- You can earn interest on money you have spent months ago.

- You can earn more money on your checking account than most people earn on their savings account.
- You can earn interest on the money other people have on deposit.

At last! China reveals her 1,300 year old stay-young health secret.

MORE AMAZING THAN ACUPUNCTURE?

Helping to control your weight is only one of TAI CHI's benefits.

Here are some others:

- It tones all of the muscles of the body, giving you a slimmer and younger looking appearance.
- It creases your blood circulation, giving you a less tired or nervous feeling.
- It stimulates better breathing, supplying more oxygen to your body tissues (It takes oxygen to burn up fat.)
- TAI CHI strengthens the muscles of your heart without straining them. (This may give you a much better chance against heart disease.)
- TAI CHI has a relaxing effect, almost like a mild tranquilizer, letting you sleep better at night and feel better in the morning.
- It strengthens the lower back muscles. (Weak back muscles are a major cause of backache.)

Hot New Reports From Top Ad Expert Reveal 5 Amazing Secrets!

- What to write on a simple postcard mailing that will make people flood into your business!
- How to mail up to 100,000 letters per week at no cost whatsoever. Not even postage!

- How to get the name and address of every man, woman and child who is ever likely to become one of your customers!
- How to get yourself and/or your business featured on cable TV without spending a penny!
- How to make your ad in the yellow pages 400% more effective, without making it bigger!

How To Make Your Computer Easier To Use Than Your Telephone!

But, we don't stop there. That's just the beginning. Here are some of the other things you are going to learn almost immediately:

- In just a few minutes, you will be able to recognize every part of your computer... and... how each part works!
- You will learn how to navigate every version of Windows, just like a pro! It does NOT matter if you have Windows 95, Windows 98 or Windows ME. No matter which version of Windows is on your computer, you will be able to master it in less than ½ hour!
- You'll learn how to get FREE Internet service!
- Now only will you learn how to get on the Internet (the easy way)... you will also learn a "secret" way... to bypass... busy signals... so, you will always be able to get on the 'Net almost instantly!
- Right after that, you will learn how to create and send messages... instantly... (all over the world)... even if... you don't know how to type!
- You'll learn how to actually talk to anyone (anywhere in the world) for up to 15-minutes absolutely FREE! This means... unless you talk more than 15-minutes... you pay absolutely nothing in long distance charges!
- You'll discover how to save thousands of dollars by using your computer... as... a free fax machine!

- How to send clear, colorful family photos (anyplace in the world)... and.. Send them instantly... and... send them 100% FREE!
- You will learn how to get the very latest medical news (often, even before your doctor knows about it) from places like the Mayo Clinic Website, Web M.D. and hundreds of other medical and research sites – both in the U.S. and all over the world!
- You'll learn how to create and organize files and file folders for all of your personal correspondence... all your finance records... all your medical records... all your tax files... and photos and travel records and more!
- You'll learn how to browse through hundreds of different online catalogues, like L.L. Bean, Lands End and others, both inside and outside the United States!
- You'll learn the “secret way” to stop receiving junk E-mail!
- You'll discover how to get (and install) the best antivirus program in the world absolutely FREE!
- Plus, you will also discover hundreds of other new software programs... also... absolutely FREE!
- You'll learn a little-known way to get free AM and FM radio stations from all over the world and have them play on your sound system... even when you are still online!
- You'll know the real way to FULLY protect your computer from lighting and power surges! (Those ordinary “power strips” they sell you in computer stores just don't do the job!

How A Good-Looking Woman In Miami Can Become A Professional Model At Any Age

Here is why: Cherrywood Publishing has just come out with a new book called Hot To Be A Professional Model At Any Age... and... if you live in the Miami area, you can get a copy of this book 100% free. This little book is amazing. Here is a sample of what you will learn when you read it:

- Why you do not have to be a teenager or even in your 20's to be a top model! (These days, if you know the right secrets, you can be a pro model even if you are in your 30's, 40's or 50's.)
- How to get a professional photographer to take photos of you which make you look like a million dollars... without... spending a dime!
- Why you do not have to be tall to be a top model! (One beautiful woman is only five feet tall and, she has earned as much as \$2,500.00 per day.)
- A simple "mirror-test" (you can do it all by yourself) that will quickly determine if you really have what it takes to be a model!
- Little-known modeling assignments that can keep you working no matter where you live!
- The fastest way in the world to become one of the "new faces" magazines and agencies are always looking for!
- Why "beginning" models often have a better chance than well-known "pros"!

U.S. Navy Helicopter Pilot Reveals How Any American Can Make Serious Money With A Personal Computer!

Anyway, here is a glimpse of the "insider secrets" Thom Burche revealed at Gary's seminar. These are the same "insider secrets" you can use to make your own personal fortune on the Internet:

- How he took one of his online businesses from \$0 to about \$750,000 in sales with an initial investment of only \$500! (Thom now says, "Frankly, \$250 of that \$500 wasn't even needed.")
- How to use "combat tactics" (all of which are free or nearly free) to get all the customers and clients online you'll ever need! Even though Thom has plenty of money to spend, he still relies on these "low cost" and "no cost" guerilla tactics to make his businesses grow like crazy.

- How to create your very own CD-ROM information products (which you can sell for huge mark-ups) quickly, easily and cheaply with your home computer! It's so easy to do, even a point and click web surfer can do it!
- Amazing PR secrets! How ht has gotten his businesses featured on CNN, Business Week, CNBC, Investor's Business Daily, the Los Angeles Times, USA Today, nationally-syndicated talk shows, the Associated Press, Street.com, Yahoo!, Finance Vision and more... and... how you can get this same kind of free publicity for your business!
- How he does all he does working part-time – just 20-hours per week! (His “combat tactics” and “strategies” are based around the fact Thom doesn't have much “Free” time because of his 60-hour per week Naval duties. Now, you can use these same “combat tactics” and “strategies” in your business to get more done in less time... and... make more money online than you ever thought possible!)
- Why now is the right time to start really focusing more of your energies online!
- The three different classifications of “for profit” web sites... and... which one you want to have!
- The ultimate secret to making money in any business... online or off!
- How to make money giving away “Free trials” on your web site!
- The real way to grow your business using message boards and newsgroups! (some people claim these are a waste of time. However, Thom gets a full 30% of his business using message boards and newsgroups... which... when translated to dollars... equals big bucks!)
- A simple tool for your web site that helps close high-dollar sales easier and faster! (When you're charging a lot for a product or service, most people want to call and talk to you first... but... this tool eliminates that almost completely.)
- The #1 sex site on the Internet (For research purposes only, of course.)
- Why you want to sell “without selling” in most online situations... and... how to do it! (Thom's a master at this.)

- What a “self-feeding dog” is... and... why you want one!
- How to “trick” people in chat rooms into becoming your customers without making them mad! In fact, they’ll even thank you.
- How to capture all of your competitor’s customers without them ever knowing... and... it’s not illegal or unethical in any way!
- How to prevent competitors from stealing all of your customers! (This is very important and only takes a few minutes of your time.)
- What DCC’s are and how he used them to more than double his business in short order!
- Search engine secrets: How to get placed in a high position... without... breaking the bank! (Thom reveals everything you need to know about getting good placement in all the search engines that count.)
- What you should have on every single page of your web site! If you don’t have this, there’s no sense in being in the search engines at all.
- How to find out which one of your competitors is doing the best... then... “borrow” all of their best tactics for your own use! (There are a couple of pieces of software for this... and... best of all... they’re free.)
- Why going for the maximum number of “hits” on your website is a fool’s idea... and... what you should really be concentrating on if you want maximum profits!
- How Thom got a 6% “click-through rate” on a bumper ad! He now considers banners useless... unless... you know about “this”!
- How he sold one banner ad for \$120,000 a year... and... how you can do that same! (Well, maybe your banner ad won’t sell for \$120,000 per year... but... he’ll tell you how to sell it for far more than you would otherwise.)
- How to get an “army” of “perfectly-trained” sales people to sell your products or services essentially for free! (You only pay them after they make the sale... and...

you can have 10 to 10,000 or more of them making you rich... 24-hours a day, 365-days a year.)

- Why you must have an “e-zine” available at your web site... and... how to decide if you should charge for it! (E-Zines” are simply electronic newsletters sent via email. They can be sent automatically at any time you desire, they are free to send and highly profitable... and... if you don’t feel like writing one yourself, other people will do it for you... and... they’ll do it absolutely free. Thom covers all the do’s and don’ts and “how-to’s” in full detail.)
- E-mail list secrets such as: How to pick them, what not to do, how to avoid getting flamed, and how long your copy should be! (NOTE: To get the highest response from these lists, you’ve got to know when short copy is better than long... but also... when long copy is better than short. Thom is an expert at this and will reveal which one is best for you.)
- How to use “auto-responders” to explode the profitability of your web site! (Basically, auto-responders automate the task of sending free information out to prospects. It’s as simple as someone coming to your website and entering their name and em-mail address to receive a free resort (or whatever). Without you lifting a finger, your auto-responder immediately shoots the report out to your prospect by e-mail. And get a load of this... many auto-responders follow-up automatically for you, at any interval you want, for as long as you want! All of this means... you’ll get maximum sales with minimum work... from every online promotion you do.)
- How to capture the e-mail address of all the people who won’t give it to your auto-responder! (This is sheer genius.)
- Six words which increase the response rate of your auto-responders by 35%!
- What you must have on every page of your web site... if... you want maximum sales!
- A simple phrase to improve your auto-responder response rate by another 40%!
- How to make up to \$16,000 in an afternoon... online!
- How to write a year’s worth of e-zines in just a few days!

- Why you want to “spell out” your website when talking to the media.
- How to force “hot deals” to come to you!
- How he increased his ad response by 300%... with just one word!
- What everybody expects on the Internet... and... what you must do to make a profit online!
- How to ethically force people to give you money online! (It’s all about follow-up... and... Thom shows you the exact way to do it.)
- How to track people’s usage of your website for free... and... uncover vital information you need to be successful online! (This one tip alone could mean the difference between winning and losing online!)
- How to find out what part of your competitors’ web sites are most popular... for free! (Once you know this, you’ll be able to model their best efforts and make even more money.)
- Why you must always price test! (Thom added \$25,000 a month in membership fees with just one simple price test. Find out exactly how he did it.)
- The easiest-to-run... and... the potentially most profitable website business model on the Net! (If you can come up with one of these... it’s like discovering a gold mine. Thom shows you how simple it is to do.)
- How he made an extra \$30,000 per year on one of his websites by studying the competition. You can make more money, too, by studying your competition... and... it’s free!
- A down and dirty, little technique that “fools” your competitors into “spilling their guts” about their entire business... their marketing and advertising plans... what they are doing now that works (and doesn’t work)... what they plan on doing in the future... and... everything else about them!
- How to feed your competitors “bad” information!

- How to “steal” your competitors’ lists... and... have them thank you for it! (You’ll love this.)
- The ideal length of time it should take for any web page to load! Any longer, and you’ll lose people in droves.
- How to test what your web page will look like on every different type of computer and browser! (This is invaluable... because... you may be losing sales if your order button doesn’t show up on your customer’s computer. Remember if people have to work to buy something... they’ll just drop out and forget the whole thing. ALL sales are very fragile!)
- The number of times a person will click your web page before they leave! Knowing this number is crucial... and... you must design your whole web site around it... or... you’ll never succeed.
- How to automatically check all the links in your website to make sure they’re still active and working right! This is vitally important!
- What you must have on your order page before people will buy! Without this, you’re dead in the water.
- Why “e-books” may be the most perfect product in the world!

However, according to Gary, Jo probably knows more about how to use computers effectively (which translate into “making a lot of money”) than anyone else he has ever met in his life. She displayed so many inside secrets during her presentation, everyone (including Gary) got cramps from taking notes so fast!

Below is just a sampling of the moneymaking Internet secrets Jo revealed:

- How she went from a measly 10 hits a day on her website to a whopping 5,000 (still in a single day)... without... doing anything at all!
- How she captures 30,000 e-mail addresses with almost no effort!
- How she got 150 orders priced at \$95.97 on her website in just 3 hours! (That’s almost \$150,000 in sales... or... close to \$5,000 an hour.)

- The technique she uses to get the average person to stay at her website for 22-minutes!
- The often-puzzling advice of using “keywords” to get you listed as high as possible in search engines finally uncovered and put in easy-to-understand language!
- The right way to register a domain name!
- The best way in the world to pick the website host right for you!
- What “metatags” are... and... why you must optimize and hide them on your web page!
- What it means to hide your “code” on your web page... and... why it’s vitally important!
- How she got 6,189,040 hits in two months and how she is now converting that traffic into big profits!
- How to get demographics from your website... and... how to turn that info into huge wads of cash!
- The most valuable free service on the Internet... as far as making money is concerned!
- What “pop-ups” are... and... how to use them on your web site to increase e-mail address capture by 300%!
- A secret way to get a top listing on Yahoo!... the Internet’s largest search index!
- How to fully automate the order taking and delivery process on your web site! (This amazing program does everything: takes the order... ships the order (if it’s an electronic product)... sends a confirmation/thank you letter... puts the money in your bank account... and then... sends unlimited follow-up/upsell messages to your buying customers for up to 20 years! Also, this one program can do mass emailing... backup and protect your database... bundle affiliate programs... generate pop-ups... and... take checks online!)

- How to “force” people to give you their “real” email address when they sign up for your free services!
- Two companies that will take credit cards online and ship your electronic/digital product for you. Plus order confirmation, follow-up, etc. No merchant account required!
- How to alleviate people’s fear of buying online from you!
- A sneaky (but 100% legal) way to find out how many sales your competitors are getting on their websites! You can even get their conversion ratio (hits-to-sale_ figured out with simple math. This is invaluable info.
- Why you should never store valuable information on a computer connected to the Internet... especially... something as valuable as your customer list!
- How to get all the hot reports and e-books you could ever want written for you (absolutely free)... and... how to sell them and really make a bundle!

How To Increase Your Weekly Income By At Least 350%... IF... You Have A Computer... And... You Are Lucky Enough To Live In New Jersey!

Anywhere In The World!

What he does is 100% legal and 100% ethical. It works so well, it is hard to believe nobody else ever thought of it before. Here are some of the “highlights” which will explain why this unusual PC secret works so well:

- It produces an immediate cash-flow. Often, this man is making hundreds (and sometimes thousands) of dollars... within 5 minutes booting up his computer!
- This secret makes so much money... so fast... it’s almost like he has a license to print \$100 bills!
- This secret does NOT require any special computer skills. All you have to know how to do is stype in a website address and use your mouse to “go” or “search.”
- This is something which lets you work as much or as little as you like. You can work 10 minutes per day or 10 hours per day. It’s entirely up to you.

How To Make The Inboard Engines In Your Boat Live At Least Twice As Long!

If you have a boat with one or more inboard engines, this may be the most important message you will ever read.

Here is why:

There are a few simple secrets (even most mechanics don't know about)... that... if you take advantage of them... will...

- Make your inboard engines live at least twice as long!
- Make your engines (depending on make and horsepower) run your boat up to 15MPH faster!
- Make your inboard engines run much smoother!
- Make your inboard engines much safer than they are now!
- Make your inboard engines go farther on every gallon of gasoline (or diesel fuel)... than you would ever believe possible!

How to slash your weekly food budget by 40% in 7 days!

They began to research food prices back in 1969, just when inflation was starting to become a serious problem. Now, after 4 years of secret research, they've finished their study and compiled a report .I've read their never before published report. Here are a few of the things I've found you and I can do to lower our food budgets.

- Every family needs a good breakfast to start the day. Serve your family a hot, nutritious breakfast for 30% less than you do now. See Chapter 1.
- The average family of 4 drinks 350 gallons of milk a year. You can drink as many gallons of milk as you want at a 50% savings. See Chapter 2.
- The price of eggs have gone up. Pay 20 to 60% less than you do at the supermarket. See Chapter 2.

- The Russian wheat deal is affecting the price of bread. Serve fresh bread at every meal, at a 30% discount. See Chapter 3.
- Is there ever an end to buying expensive lunch meat? Your hungry family can devour as many sandwiches as they like and you save between 20% to 40%. See Chapter 3.
- Stock up on canned goods. They never spoil. And pay 20 to 50% less than you would off the supermarket self. See Chapter 4.
- How to serve sirloin steak for the same price as hamburger. See Chapter 5.
- How to save 10 to 25% by purchasing pork and poultry properly. See Chapter 5.
- Vitamin and mineral rich vegetables are a must for a well-rounded diet. Keep your family in glowing health with tasty vegetables served at a 20 to 60% discount. See Chapter 5.
- There never seems to be enough cola or fruit juice on hand. Your family can drink all the beverages they like, and you'll pay 50% less. See Chapter 6.
- Your children can't understand rising food prices. They want pastries, ice cream and snacks. Give them all the ice cream and pastries they can eat while serving 30 to 50%. See Chapter 6.
- How to buy more alcohol related products, and still cut your liquor bill by 30 to 45%. See Chapter 7.
- How to put it all together, and cut your weekly food budget by at least 40%. See Chapter 8.

How YOU Can Collect \$1000's In Free G.I. Veterans Benefits!

If you are like most of us, you believe that you are not entitled to any free G.I. benefits and services – or, that all your benefits ran out a long time ago.

NOT TRUE!

For example, did you know that...

- If YOU are a World War II veteran YOU are entitled to up to \$12,500 in G.I. loans to purchase, construct, refinance or improve your home – to buy a farm, farm machinery, supplied, equipment!
- If YOU are a Korean veteran YOU are entitled to borrow up to \$10,000 to buy a mobile home – up to \$17,500 if the site is included!
- If YOU are a Vietnam vetera YOU are entitled to up to \$210.00 a month for 36 months to pay for your education or retraining.
- If YOU are the wife, son or daughter of a soldier who was killed or wounded in Vietnam, Korea or World War II – you have \$1,000's in free benefits and services owed to you right now!

But, it's not too late. The important thing is that NOW you can claim your rightful share – the share you “paid for” with your time in service. Last year alone it added up to a \$9 billion bonanza! Don't be too surprised to learn that you may be entitled to:

- G.I. Bill aid worth up to \$8,000 during four years of enrollment in a qualified college of educational institution!
- The nation's best buy in life insurance that offers real protection!
- Full-time or outpatient medical care in a VA hospital!
- Pensions as high as \$130.00 per month even when the disability is not connected with military service!
- Preference in competing for and retaining a job with the federal government!
- VA guaranteed or direct loans to buy, build or improve a home in which you intend to live or a farm which you plan to operate!

The Amazing Lost Money-Secret Of The U.S. Government

The first thing you need to know is that there are at least 133 perfectly legal ways to get a check out of Uncle Sam. Some of these U.S. Payment Programs are common knowledge but many of them are almost unknown to the average American. Not one person in 1000 knows about all of them. Here are some examples:

- Did you or any member of your family earn less than \$8,000.00 last year? If so, you may have a surprise \$1,000.00 check just waiting for you.
- Are you retired? If you know how, you may be able to get \$387.00 extra every month over and above your Social Security check. (Nearly 2 million people are doing this right now but most other people don't know about it.)
- Are you on Social Security? With the right information, you may be able to jack up your payments to \$848.80 every month just by filling out a simple form.
- Are you under 65? Even if you are, you may be able to start getting Social Security right away without any more waiting.
- Would you like to move? If you know how, you may be able to get a \$2,000 government loan to buy a new house.
- Do you want to stay put? There's a good chance you can get a \$3,500 check to fix up the place you have now.
- Would you like to get a \$25,000 start-your-own-business loan with 15 years to pay it back? It is quite possible if you know how.
- Are you a renter? You can get 25% to 75% of your rent paid by Uncle Sam if you qualify and if you know how to apply.
- Do you want to write a play or paint a picture or make a film? Maybe you can get a check for \$11,000 to help you out.
- Do you want to go back to school? If so, there is a good chance the government will send you \$352 every month to help you do just that.

THE HOLLYWOOD EMERGENCY DIET

There are many surprises in the book which were not covered in the interview. Here are a few of them:

- A beauty secret used by many Hollywood stars that can make you look and feel up to 10-15 years younger in only four days. (This does not involve exercises or cosmetics. Frank has written an entire chapter about this technique. The title of the chapter is "The Greatest Beauty Secret in the World!")
- A simple exercise that does for your face what a good girdle does for your figure.
- A "wonder food" that works like powdered heat and makes your inner furnace break down body fat.
- Three reasons why you should never count calories.
- How to wake up a "sleep" thyroid gland.
- A special food to eat at night that lets you lose weight while you sleep.
- How to look slim before you are slim.
- A 5-second exercise that gets rid of double chin.
- How to let nature give you a natural face lift while you sleep.
- Six foods that give you an emotional lift.
- A certain law you must obey for every pound you take off if you want to keep it off.
- A new way to dissolve and melt away hard clumps of fat and wash them out of your body.
- How to make six different liquid will power drinks that will stop hunger for hours.
- Why you can lose more weight on this diet than if you ran 70 miles per week!

- A simple secret that makes it possible for you to stay on this or any diet for life and never be uncomfortable with it.
- The seven best stay-young health secrets used by Hollywood stars .
- How Hollywood stars stop the arguing process.
- How to command your hypothalamus gland to stop sending hunger signals!

John Carlton Collection:

Fascinations

“All Your Fancy Fighting Skills Won’t Earn You An Extra Second Against This Devastating New Natural Streetfighting System!”

Look – here’s just a “Taste” of what you’re about to learn:

- How to use the billion-dollar secret training technology developed by the Soviets (which put their athletes light-years ahead of anyone else) to put your fighting coordination and speed “over the top”... even if you haven’t got an athletic bone in your body!
- Why you should never use your first in a real street fight! (Even trained fighters make this crucial mistake... and risk serious injury that’s 100% avoidable!) There’s a better way to do more damage, quicker, with no risk or hurting yourself at all!
- A “lazy man’s” training technique that’s so simple, you can master devastating moves while watching T.V.!
- How to “expand” your 5 senses so you see everything happening around you, all the time – it’s like having eyes in the back of your head! (This trick can save you enormous amounts of danger and trouble... and make you virtually undefeatable in any head-to-head fight!)
- Secret “2-minute” training techniques (that’s all it takes!) that are guaranteed to make you look ridiculous... but which will pump up your fighting ability (and confidence) 1,000% almost overnight!
- New (and simple) exercises that actually install animal quickness and viciousness directly into your muscles and nerves... leaving it locked there until you need to spring it loose! (Go from calm to frightening in a split second, whenever you choose... or whenever you’re threatened!)
- The “energy conservation” rules of fighting almost every street fighter breaks... leaving you a devastating opening 10 seconds into any fight no one else will see!

- How to use the “two second” talking test to see how trained your opponent is... and what he’s trained in (Crucial information to end the fight when you choose!)
- The hyper-advanced new fighting stance that negates all others... putting you in a position to keep boxers, wrestlers, and even the dirtiest fighters on the planet off-balance until you decide to strike! (They’ll never get “settled” enough to hit you!)
- How to never again feel uncontrollable emotion (or even sweaty palms) in a tight situation... and how to channel all your adrenaline into purposeful energy that will charge you up like a bomb!
- Why your best fighting moves will come completely naturally... forget all that martial art nonsense about needing to train for years to do complicated moves@ (The best fighters in the world use only a few simple moves... and routinely knock around karate dudes like they were children!)
- How to use the devastating “pop up” push taken from the way tigers hunt in the wild... so effective a 90-lb woman can use it to send a Sumo wrestler tumbling!
- What to watch when you’re eight feet apart (it’s NOT his eyes – a terrible mistake most fighters make that gets them hurt)... and what to watch inside the two feet “crunch time” zone... to keep you a precious step ahead of even superbly-trained fighters!
- The number one “Dirty Trick” of fighters who want to decisively end a fight as soon as possible!
- A ridiculously-simple two-finger takedown that will instantly bring any opponent, of any size and weight, to his knees!
- Leverage secrets (known only by students of Clugston’s) that multiply every pound of your weight ten times, giving you “Godzilla” advantages against even a much-heavier opponent!
- How to correctly use the “scissor choke” – which 99 of 100 fighters do so incorrectly it actually puts them at risk (instead of providing the fight-ending certainty you can have doing it right!)

- A 1,000-year-old move (which all but a handful of martial artists never learn about) that will end the fight instantly once you get to the ground... even faster than the most famous jiu-jitsu move!
- How to handle worst-case scenarios: when you're surprised, caught in completely undesirable places, outnumbered... and worse!
- How to easily and effectively destroy your opponent's "wheels"... and why the standard karate knee kicks are doomed to fail 7 of 8 times (leaving you exposed and ready to go down)! Chris's understanding of "knee take down" fighting is unsurpassed by any other fighter on the planet... and he can show you how to never be without this fight-ending "out"!
- How to master the unbelievable-devastating secrets of the "Axe Kick!!
- Instant arm-locks that disable your opponent and let you decide what's next! (Including how to master the most painful and effective arm lock a human can suffer!)
- The secret of correct head butts – it's not what you've seen the military guys doing! (If you ever use the wrong method, you'll split your head open... proof most of those military guys have never been in a real hand-to-hand fight!)
- The one take-down move you will have open to you every time an attacker strikes... so simple, so easy to remember, it's like walking around with a cocked and loaded gun!
- The "can't lose" kick that does incredible damage even when you miss completely! (One of the many "fail safe" moves Chris teaches!)
- Head-on moves that will separate you from the boys in the first second of the fight! (And send even the craziest attacker running!)
- How an untrained fighter tips himself off!
- Your single best "one answer" move in any confrontation – if you never learn anything else from Chris, this move will assure you survive almost any one-on-one fight you get into... even with trained fighters! (And it's so simple you don't even have to practice it very much!)

Amazing New Video Reveals “Unfair” Fighting Secrets That Can Defeat Even The “Top 10%” Of World-Class Streetfighters!

Here’s just a “taste” of what is on your special video set:

- How to “beeline” straight for the most vulnerable part of your opponent... so you really can end 90% of potential fights with a single move that cannot be defended against!
- Why the reality of mega-violent street fighting is completely different than anything you ever imagined or saw on television... and how to use your knowledge of what really happens in a fight to “cheat” in ways your opponent can never guess!
- How to quickly force any violent attacker (even someone twice your size into complete and utter submission... and have him begging for mercy!
- Who the “Vicious Top 10%” of street fighters are, and how to train for the simple skills that will cancel out their most-developed skills!
- The 8 most brutal and devastating – yet utterly simple to master – “human appendage” tools any fighter could hope for! (And the secret way to “combo” yourself into a machine-like force that cannot be stopped.)
- The one basic secret of winning street fights that almost no street fighter knows about! (It doesn’t matter how big, mean or skilled your opponent is... or how small you are – women and kids master this secret with equal ease!)
- How to easily pull off “instant takedown” arm wrenchers! (Very advanced stuff!)
- The single most devastating “take the fight out of him” move you can use! (You’ll pull the plug on his emotions so he actually becomes clinically depressed and unable to function normally!)
- How to spot the 90% of fighters who are trained to focus on a single “reference point”... and how to instantly collapse his narrow training right back in on him!

- How to defeat your opponent with a few eco-nomical moves... without getting touched your-self! (Only the most advanced fighters know how to move so they can strike and not get hit them-selves... even the toughest hate to get “tapped”.)

Even better, Paul reveals the secrets of fighting against an armed attacker. This stuff will really separate you from the “wanna be” fighters out there. You’ll learn:

- Every “street” weapon that is ever available in a fight, and the only correct way to use them to end the brawl immediately!
- The astonishing secret called “Defanging The Snake” that will place you above all but the most-skilled 1% of street fighters out there! (Actually, less than that – not one street fighter in a thousand knows this secret... and that gives you a 1000-to-1 advantage when coming up against an armed assailant!)
- How to “blur-out” a weapon used against you so you can easily focus on the target you want... without getting “Stung”!
- Why the stupid “standard” martial art advice about knife fighting will get you seriously injured (and lose the fight)... and the only true way to counter and win a knife attack!
- Why there can never be a “perfect weapon” in a street fight! (No matter what you are faced with, you can quickly take away the advantage of your armed attacker!)
- Why learning to block a weapon is a silly waste of your time and energy... even though most partial-artists spend up to half their time practicing this nonsense! (There are incredibly better and more effective ways to conduct yourself against a blow... once you know the secrets!)

Plus, there is a jaw-dropping section at the end of tape 2 that will leave you breathless: a complete Master’s Level training program for sparring with weapons! The skills available to you (in such a short time) are simply awesome and devastating. And unknown in the “standard” world of fighting.

Are You Making These 3 Life Threatening Mistakes In Fighting?

Here's a sample of what you're about to learn:

- How to instill horrible, blinding pain in your opponent and destroy his weapons as he attempts to fight back.
- The 3 simple "tools" that are the ONLY moves real fighters use in the clutch. Learning these moves slashes your learning curve to almost nothing (even though you're learning advanced skills), and removes 99% of the nonsense from learning to fight to win.
- How to blast through your opponent's "vulnerable zone" like a bull in a china shop, getting into his face to friggin' fast he can't react... and terminate him with vicious efficiency.
- Every street weapon available in a fight, and the only correct way to use them to end the brawl immediately.
- The astonishing secret called "defanging the snake" that will place you above all but the most skilled 1% of street fighters out there! (Actually gives you an advantage going bare-handed against an armed attacker!)
- How to "blur out" a weapon without getting "stung".
- Why the stupid "Standard" martial art advice about knife fighting will get you seriously injured (and lose the fight)... and the only true way to counter and win a knife attack!
- Plus... a complete Master's Level training program for sparring with weapons... with insider secrets that will have you up and running at full speed almost overnight. (This section of the tapes will leave you breakless.)

Canadian Sports Doctor Reveals Amazing Diet Secret That Replaces Steroids And Forces Your Body To Melt Fat Like Butter In A Microwave!

Let the others squibble... this is your chance to finally be among the first to take advantage of an honest-to-God breakthrough for bodybuilders.

Here's just a sample of what's in store for you:

- Exactly how and what to eat, week after week, month after month, so you are completely in control of your energy levels and muscle-building potential!
- Why boosting your fat intake just a little bit above the American average (while lowering your carb intake to desired levels) is enough to completely change your metabolism... so it craves fat for fuel, giving you the opportunity to quickly suck every ounce of unwanted body fat from wherever it's hiding!
- How to increase the natural anabolic effects in your system so you pile on muscle like a juice-head! (Without the awful side-effects!)
- How the myths of vegetarians have completely ruined the careers of athletes trying to build stamina and muscle! (And how you can avoid this trap yourself, no matter how you decide to eat!)
- Why it's important to eat everything you want – and as much of it as you can – during this diet!
- Detailed strategies to lose weight, or to put on size... without feeling hungry or deprived or bloated for a minute!
- Why anthropologists (scientists who study ancient man) agree with the meat-eating basics of the “Anabolic Diet”! (Muscle was too important to cavemen fighting the jungles and each other... and they knew exactly how to maximize their size.)
- How to get away forever from the “carbohydrate-based” bodybuilding nightmare where your metabolism eats up as much muscle as fat after exhausting its carbo supplied (which happens about 20 minutes into any workout!).
- Why your fundamental desire for meat is an honest yearning for nature's most densely-packed high-energy food!
- Where you've had problems with weight even though you religiously did aerobics! (“They” told you it was the way to go, so why aren't you as big and ripped as you should be?)

- The real reason why 1-in-3 Americans are seriously overweight (up from 1-in-4 in 1980!) even though the “low fat” kick has been all the rage for a decade! (You’ll be the only guy who isn’t confused in your gym.)
- How to use the “36-Hour Switch” to ignite your natural levels of Growth Hormone! (This stuff has been called the “fountain of youth” by scientists – your skin will tighten and glow, your muscles will grow like a teenagers, and it will seem like you’ve set your “physical clock” back ten years!)
- How to go on a “contest-ready” diet that gives you exact control of every pound and muscle-bulge you have... without ever feeling hungry or weak no matter what your goals are!
- How to manipulate your testosterone levels for monster gains!
- How to keep your flow of insulin steady all day long, every day... so you never feel light-headed or low on energy during workouts!
- How to beat your “addiction” to carbohydrates (sugar, bread, etc.)... even while you indulge yourself to your heart’s content!
- How to eat very well even if you’re on a tight budget!
- How to never suffer the “yo-yo” rebound effect if you decide to go off the diet! (No other diet you’ve ever tried gives you such a “no way to lose” option!)
- How to get visible, dramatic results in your first few days!
- Why “motivation” is never a problem on this diet!

Carjacked... Beaten...Assaulted... WORSE!

She’s your girlfriend. Your wife. Your daughter. Your sister, your mother, or your best friend. She’s a woman in danger...

And Her Safety Is YOUR Responsibility As A Man!

How do you explain to her you just *never had the time* to learn how to fight?

Here's just a "Taste" of what Jim West offers you (if you're ready to listen to him for just a short time):

- The nastiest streetfighting "tricks" you'll ever need... guaranteed to astonish (and defeat) almost every attacker within seconds!
- How to tap a hidden resource deep inside you to relax under extreme stress... and – at just the right moment – use fear as the greatest motivator and fighting tool you could ever ask for!
- How to physically position yourself during a street fight! (You need radically different approaches when in an alley than when you're inside a bar... something 99% of "would-be" fighters don't even begin to understand!)
- How to pinpoint the number one knockout target on your opponent! (A sure-fire fight-ending strike that often opens up for you two-to-five seconds after a fight begins!)
- Finally! The perfect way to hold your hand when striking... for maximum "bite" (no matter how strong you are) and greatest accuracy (no matter how fast or slow you are)!
- Balancing secrets that allow you to move quickly and never risk being knocked down!
- The four "basics" of punching that are absolutely crucial in a streetfight! (And ignored by 90% of fighters who go down first!)
- An exact "map" of target areas on your opponent... especially the "single strike" knockdown areas of soft tissue and the "hidden" internal targets that will put a look of utter astonishment on his face just before his lights go out!
- Special "stomp" and low-line kicks you can use today that will drop Attila the Hun like a sack of potatoes!
- Why top streetfighters never have to use anything else but the four basics of "nasty" fighting! And they almost never have to throw a classic "punch"!)

- How to exploit the “Time Lapse” weakness of the most brutal streetfighters! (Just surviving the first ten seconds of a fight with these goons will give you a fight-ending advantage they’ve never encountered before!)
- Down and dirty street-level tricks that work like magic to turn things around 180 degrees... when you’re losing a fight!
- How to beat a trained boxer... wrestler... or karate expert... with the simplest “3 Item” little bag of tricks you could imagine! (Take two seconds to identify their “specialty”, then manhandle them with an ease that will shock bystanders!)
- How to fight in a crowded room... with your back to the wall!
- A two-second “cancellation” move you can use for anyone, of any size, who is “in your face”!
- How to visually set up zones that “light up” the best first-strike targets in every different situation!
- “Unfair” distraction tricks that will fool _ and set up – even the top one-percent of fighters!
- Why you should keep your hands down by your pants-pockets whenever someone in your space is a second away from starting a fight!
- The first 3 things you MUST do as soon as you put someone down!
- How to “pre-protect” yourself when entering a new place – an alley, a bar, a house, a restaurant!
- The “no more talk” signals of a streetfighter who is about to strike... and what to watch to actually see these signals a split-second before he consciously thinks it!
- What cops know about streetfighters and gangs that can save your life!
- How to force a larger man to get on his knees and stay there until help arrives! (Incredibly effective for women and kids, too!)

- How your wife, children and friends can help you instantly defeat a sudden attack by a criminal... even if you are surprised from behind!
- “Finishing blows” that guarantee the fight is over!
- How to fight multiple opponents... including tricks to save your life against an “undefeatable mob”, and how to keep strangers from becoming your worst enemy while you’re trying to finish things!
- Three amazing techniques that allow you to end any scrap that winds up on the ground... within three seconds

Here’s what you get on this FREE bonus tape:

- How to quickly take out multiple attackers!
- The one advantage you have in a streetfight that no gang member could ever defeat!
- How to take thick-necked boxers down with throat manipulations he cannot defend against!
- Escape techniques that allow you to get out of any hold you are surprised with!
- How to use a beer bottle as a weapon! (Yes, there is a right and wrong way to use it!)
- Who to take out first when attacked by two opponents!
- How to use “non-weapons” as weapons – including umbrellas, pencils, watches, magazines and even globs of dirt!

How A Skinny Little Golf Genius From California Accidentally Started Hitting 425-Yard Tee Shots!

In fact... there are just 5 easy steps to learning the secret of long drives (which he calls “Drop and Pop”) and you can learn it all in just 10 minutes:

- How to get the perfect “relaxed” set-up to start out right (it’s easy)...

- The secret of starting your back-swing with your left shoulder to increase the perfect symmetry of your address (even easier)...
- How to trust good old GRAVITY to start your downswing (very easy to do)...
- How to make sure your left elbow stays tucked in the follow-through to guarantee pinpoint accuracy (still easy, if you concentrate)... and...
- The biggest (and EASIEST) damn secret of them all... when to apply the secret “Power Thrust” where – contrary to every other lesson you’ve ever had – you absolutely MURDER the ball!

So what you’re getting here is HUGE. You’ll receive”

- A Brad’s full-length “Private Lesson” video teaching you his Drop and Pop secrets for hitting Monster Tee Shots 70-yards further than you are right now.
- A second video of Brad’s hands-on teaching session to correct your distance-robbing mistakes... plus Brad reveals the amazingly simple “One Shot Chip Shot” to hone your short game skills like a pro.
- PLUS... the incredible “insiders peek” audio cassette that reveals the tops and tricks to winning long drive competitions.

How Does An Out-Of-Shape 55 Year-Old Golfer, Crippled By Arthritis & 71 Lbs. Overweight, Still Consistently Humiliate PGA Pros In Head-To-Head Matches By Hitting Every Tee Shot Further And Straighter Down The Fairway?

Like he says... golf is easy, once you know the REAL secrets.

In this video – which is only about 40 minutes long (the same length as Darrell’s famous “all you need” private lessons), you will learn:

- A simple 3-swing drill that will instantly add power to your swing... thus increasing the raw distance of every tee shot you hit from here on out.

- The correct way to use your legs as you swing... which instantly “nails down” your accuracy. No more slicing and hooking, ever! (Just think how much fun you’ll have hitting 18 out of 18 fairways in regulation!)
- The simple little tip that will automatically insure that your clubhead is ALWAYS in the perfect position upon impact with the ball. (Ernie Els has this down – it’s the reason he’s known as probably the most accurate golfer in the pro game.)
- And... the amazing “follow through” secret that is the foundation of making long, straight drives so easy you could cry with joy! This alone will change your game forever...

“I’ll Pay You \$10 If You Don’t Agree This Vicious New AMERICAN COMBAT KARATE Can Transform Your Overnight Into A Mega-Dangerous Fighter!”

During that one intensive hour, Dale’s going to teach you:

- The exact “condensed fundamentals” that Delta Force soldiers demand because facing combat. “Condensed” means there are NO complex moves, NO boring practice required... yet it’s still the most lethally dangerous skills a fighter can know.
- How to throw a devastating punch just like a top-ranked American boxer... which will instantly stun anyone who thought you were “easy pickings”.
- A complete target map of the body’s “pain-rich” centers that allows you to take down an opponent twice your size, weight and strength.
- How to instantly humiliate anyone who dares put his hands around your neck. This single amazingly simple move will have you quickly behind your opponent and suddenly able to dominate him with ease.
- The unique “collar choke” that gives you the power to knock anyone out cold in seconds.
- A multitude of other simple but devastating choke holds invented by combat soldiers to stop any attacker in his tracks – instantly.
- The secret combat punch, more devastating than a sledge hammer.

- An incredibly simple “roll-out” release that will have you out of the dreaded front head-lock (where every street fight ends up at some point), in seconds. This handy little trick will get you on-top and in control every time.
- Instant release techniques that will force your opponent to his knees... blinded with pain... no matter what kind of ironclad grip he thinks he has.
- How to light tough on the right spot will break even a huge man’s jaw like a piece of peanut brittle.
- Multiple “dirty tricks” that allow you to take quick advantage of the biggest mistake most thugs make when “bear-hugging” you from behind.
- Astonishingly effective submission moves that Spec Op soldiers use in combat when there’s NO help around.
- And tons more!

P.S. Oh... almost forgot... the bonus tape that i mentioned earlier is called “Dale Comstock’s Armed Combat”. It’s an amazing piece of work that will teach you everything you’ll need to protect yourself and your family from an armed attacker. This tape is packed with vital information you’ll need like:

- How to easily back up an armed attacker to give you plenty of room to escape or to launch your own vicious attack.
- Which “nerve-targets” will quickly send a knife wielding opponent to his knees.
- Secrets to using improvised weapons as a distraction or a direct-attack weapon.
- What you need to do right friggin’ now when you are without a weapon and surprised by an armed attacker.
- A simple “stun-strike” that will force your attacker to drop his knife like a red-hot coal.
- How effortlessly strip his knife away the second he lunges.

- Street-savvy “tip-offs” that will let you know exactly who you’re dealing with.
- Outrageous distraction tricks that will confuse and boggle your attacker and leave an opening you could drive a truck through.
- A “target map” of lethal and nonlethal strike areas designed to quickly disable your opponent.
- A simple “American Style” slashing technique that creates a safety zone around you while keeping your opponent under maximum pressure.
- Quickly disarm an enemy that way combat soldiers do it in the field – fast, vicious and super-effective
- Take a gun away from an assailant as easy as taking candy from a baby.

Learn The World’s Most Vicious “Plains Indian” Fighting System From The Only Native American Expert With The Balls To Teach It To You.

You see, when he discovered he had some serious Plains Indian blood in him (he’s Cherokee/Apache/Irish)... he began a journey that took him all over the U.S. and Canada, to reservations, small towns, and finally to the Great Plains. Where the real action was.

What’s so special about these skills? Well, for starters...

- You will learn to snap an attacker’s neck with three different (and very easy) moves. (It’s even worse for him if he has snuck up on you.)
- You will learn the most devastating punch ever thrown by a man against another man... a move that can stop a heart, yet will not hurt your hand. (And requires no strength.)
- You will learn how to quickly “break down” an attacker twice your size and weight... turning him into a pile of bleeding beef at your feet in a matter of seconds.
- You will learn how to escape from having your hands tied... reverse a knife-to-your-throat situation (very nasty and bloody)... how to flip monster-sized

attackers as easily as tossing a box of cereal across the room (breaking his back, and pulverizing his guts in the process)... and a dozen more easy moves that will shock and incapacitate ANY sized attacker.

- And... you will learn astonishing “instant take out” moves you have NEVER SEEN BEFORE. Not anywhere. Not by anyone.

Learn To Fight Like A Navy SEAL!

From aggressive kicks and punches to defensive blocks and take-downs, you'll discover what are really the most potent (and the most natural) moves to make with your bodily weapons. For instance...

- Use this little-known defensive stance to make sure your body is never vulnerable!
- How to be instantly prepared for a fight at any moment, especially when everyone else is taken off guard!
- Efficient, economical punches that pack a wallop of a .44 Magnum!
- A deadly mistake most people make when they throw a punch!
- How to put together the right moves that the SEALs have found are the key to survival in a fight!
- The most practical (and most devastating) tool for short-range fighting. You'll be amazed at how easy it is!
- “Punishing” blows that will disorient your opponent and allow you to finish him off!
- How to end a fight before it even starts!
- The 5 key elements to winning any street fight!
- How to blow an opponent back with one simple move, giving you time to regroup or move in and deliver your attack!

- How to eliminate all vulnerability to your head in one easy step!
- The bottom-line “secret” of effective combat that not one guy in a thousand truly understands or appreciates!
- The essential factor that will determine who wins in 8 out of 10 combat situations!
- How to use defensive moves to set up the most devastating offensive attacks!
- How to quickly and easily neutralize any punch or jab your opponent throws at you!
- A dangerous mistake most people make with their eyes when fighting – and how to avoid it!
- The right way to breath during a fight so you can keep on fighting your strongest!
- How to take advantage of your natural body mechanics to deliver the most effective blows!
- The simple (but highly-overlooked) key to making your practice sessions pay off in real life!
- An amazing leg technique for blocking an opponent’s advance and then letting him have it!
- How to defend yourself against high kicks without exposing yourself elsewhere!
- Where to kick your opponent to make him numb, nauseous, and begging for mercy! (No, it’s not the groin!)
- A simple but devastating technique that can get you out of any tough situation – FAST! (Use this “sure thing” strike especially if your opponent is bigger and stronger than you, or if you’re simply outnumbered!)
- A nasty “no-brainer” combination that will immediately give you the upper hand in any fight!

- When all else fails, use this highly effective move – especially in life-or-death situations!
- How to manipulate your opponent's body in preparation for a lightning-fast take-down!
- How to cut off your enemy's air flow or blood supply and cause unconsciousness when grappling on the ground!
- What to do if you get thrown on the ground by surprise and your opponent jumps on top of you!
- The right and wrong ways to defend yourself against multiple attackers!

Nearly-Crippled Businessman Discovers Astonishingly-Simple New Fighting Secrets That Require Zero Strength Or Quickness, Need Almost No Training To Be Mastered... And Yet Allows You To Destroy Bigger, Meaner And More Skilled Attackers In Just One Or Two Vicious Seconds, Every Time

Here's a taste of what you're going to learn:

- How to quickly arm yourself (permanently) with an "invisible baseball ball" – a simple move so devastating, using nothing but your natural body movements, that it will drop Godzilla in a heartbeat!
- The only 2 target points you ever need to learn to take out any opponent, under any circumstances! (Forget about learning any false fighting targets – in just a couple of seconds, Mike will give you the keys to winning every fight, every time, no b.s. About it.)
- The "lazy man's" tricks to winning any fight on the ground – if you are surprised by an attacker, or somehow wind up on the logos, these secrets will end it immediately. (This is the secret to "simplified but guaranteed" ground fighting that even one of the famous South Americans got interested in when he stopped by Mike's training studio!)
- The 3 simple secrets – the only secrets you need – of taking out bigger, meaners and more skilled opponents... in the ring, in the street, on the battlefield. (Finally, real-world fighting reduced to its pure, most simple basic form of effectiveness!)

- And a lot more. There are two hour tapes in this special package, stuffed with fighting tips, secret dirty tricks... everything you need to transform yourself into a super-confident, super-effective fighter almost overnight... regardless of your experience, your agility or speed, your strength or size.
- Plus, on your free bonus tape, you'll learn something called "Aggressive Restraint Techniques"... a style of completely dominating another person that Mike invented for the Eastern State Mental Hospital, (in Washington).

"Now, You Can Easily Pack on Huge Muscle 10 Times Faster Than Anyone Else in Your Gym!"

Here's just a few of the neat secrets you're about to learn:

- How to blast your muscle growth through the roof (and how long workouts actually rob you of results you should be getting)
- How to get results from every single rep you do, every time
- How to decode any exercise to determine its maximum potential for results
- Why the time you allow yourself to rest between sets can have tremendous long-lasting impact on your size
- How a simple adjustment in your "rep speed" can give you an explosive edge
- How to get better (and faster) results than the bozo's shooting up juice
- Why there are only 2 basic, simple diets you need concern yourself with while you build massive size
- Why only athletes who are training "on the edge" ever get any results from supplements! (And how you can get to that "Edge" quickly)
- Ad more, much more!

Secret New Fighting System Will Make Even A Black Belt Karate Expert Putting In Your Hands!

Here's what else you're going to learn:

- The one huge mistake all inexperienced fighters make in their head that guarantees they will be turned into victims... and how to “payla” it into an advantage that will give YOU an instant 200% increase in your chances of winning – even if it's your first fight ever!
- Why your weight, strength, speed and agility are the least important parts of winning a street altercation! (And why the one simple secret that is important will give you an immediate and enormous advantage over any other fighter you meet!)
- How to automatically avoid the blunders that get even nationally-ranked karate masters demolished in street fights! (It's called “Stress Shock Phenomenon”, and once you've stored this knowledge in your nervous system, you'll never “freeze up” or panic when our adrenaline starts to flow and the dirt hits the fan! Yet there isn't a karate studio in the country that knows how to teach this crucial part of winning fights!) VERY IMPORTANT!
- Why your first may be the absolute worst weapon you can use in hand-to-hand combat! (And exactly how to strike so you won't damage any part of yourself!)
- Astonishingly easy ways to escape any grab or hold (including a “bear hug” from behind by someone many times larger and stronger than you) and reverse the attack instantly (and painfully for your attacker)!
- The “voice tool” secret that will immediately change your attitude from calm to dominant in any surprise situation!
- The 2 worst things you can do when being choked during a fight... it's what most people want to do instinctively, yet knowing just one artless move from this system can free you and end the assault at the same time!
- Simple fight-ending moves that require no strength whatsoever! (I know of arthritic 80-year-old grandmothers who have knocked young male attackers senseless!)

- How to use a little-known “positioning secret” to completely cancel out the superior size of experience of your attacker! (Size and strength are meaningless when you know this secret!)
- Why a simple “mock” submissive action will always fool a larger opponent... and set him up for quick, easy fight-ending moves!
- How to turn everyday items in your pocket (or your wife’s purse) into vicious weapons that will (1) show you mean business, (2) instantly frighten anyone with an ounce of common sense, and (3) allow you to dominate any situation with a single blow!
- How to gain an immediate “Psychological Edge” when someone pulls a knife on you... and how to spot the 4 most common methods of knife attacks so you can win with a minimum of fuss and blood!
- Why the one fighting secret understood only by the world’s most successful soldiers can give you the power to determine how any fight will come out! (Not one street fighters in a thousand has a clue to this secret.)
- The almost unbelievable facts about gun-fights that you’ll never learn on CNN – yet just knowing them could mean the difference between surviving a gun attack and being a stone-cold victim!
- How a 3,000 year old movement secret can give anyone blinding speed with the “non-lethal” zone against an armed attacker! (You’ve never seen this before!)
- How to conquer forever the “shakes” and out-of-control anger or fear that all inexperienced fighters suffer!
- The secrets of using pain and shock to disable your opponent without causing him permanent injury!
- Your body’s 8 most devastating natural weapons (including your own “personal piece of steel pipe”!)

- How to easily turn your day-to-day attitude into an “Controlled Aggression” mindset that won’t change anything about you except:
 - Your level of fear will vanish forever...
 - You’ll become more decisive in everything you do, especially when the chips are down...
 - You’ll gain enormous self-confidence that will shine like a searchlight in your eyes...
 - You will take total and complete control of every situation in your life... instead of just reacting to what happens to you (like a helpless puppet whose strings are pulled by other people!).

Secret New Fighting System Will Make Even An Expert Street Fighter Putting In Your Hands!

Here’s what else you’re going to learn:

- How a single “Secret” statement can end a fight in your favor before it gets!
- How to instantly “Take down” aggressors even if they surprise you!
- How to identify the basic “tough guy” gestures nearly all attackers make just before they deliver their first blow... split seconds before they realize they’re about to act themselves! (Giving you time to end the situation before it exactly starts!) For example:
 - A man will move his chin in a predictable way just before striking...
 - And you should know what’s coming never when he steps back 2 paces or has just put his hand on your shoulder (it ain’t a goodbye kiss that got in mind!)
- How to do ultimate damage with your targets... without hurting your hand!
- How to mentally force your attacker to open himself up to your easiest single-strike take-down moves!

- The secrets of using pain and shock to disable your opponent without causing him permanent injury.
- How to “skip” the one unforgiveable mistake almost every inexperienced fighter makes instinctively (Which usually gets them hurt badly!)
- Why you never need to use defensive blocks... and why it’s a dangerous waste of time to even learn them!
- The single most important question you must ask yourself – and answer – in any difficult situation!
- Your body’s 12 most devastating natural weapons (including your own “personal piece of steel pipe”!)
- Your best 6 “first strikes” (guaranteed to drop your assailant instantly)... from a seated position, standing face-to-face, when attacked from behind, when attacked by a larger aggressor (ideal for women and kids), and more!
- How to understand the “Hierarchy of Critical Decisions” that occur in every conflict. (This is a revelation to anyone who hasn’t experienced a lot of fighting – with this knowledge, you can pinpoint the exact moments you must choose your next action... so you are always in control, always one step ahead of the other guy!)

“Stop Wasting Time Learning New Skills... And Learn To Supercharge The Skills You Have NOW To Kick Anyone’s Ass Who Dares Go Against You!”

Here’s what knowing this “missing link” of fighting will do for you:

- You will suddenly be able to see even the fastest action in any fight in a kind of “internal slow motion” in your head... so that every move and counter-move is crystal clear to you. (And you will be able to do this whether watching a fight, or – more critical – being in one yourself.)
- You will no longer need a long “menu” of moves yourself... because now that you’ve “uncomplicated” the details of actual fighting, you can use the simplest

and most basic response to counter any attack, and take any opponent down quickly.

- And... every skill you already have will be ALL YOU NEED. Because... you will finally understand how to APPLY what you already know in a real situation. The effect of this is to actually MULTIPLE the power you already possess as much as a thousand times.

The Shocking Story of How the Feds Are Trying to Prevent You From Getting This Elite Combat Training!

Just by studying these sophisticated, “executive-level” training sessions, you will learn:

- Incredibly-effective fighting techniques you can master overnight... skills that give you the devastating ability to instantly take down even a steroid-enraged street punk twice your size!
- Simple defense strategies for “arming” your family and loved ones with the skills, know-how and awareness to avoid 90% of the crime that ruin other people’s lives (carjacking, rape, assault)... and to reverse any attack so you can come out the winner and never the victim!
- Expert “elite military level” handgun shooting skills that will instantly put you among the most respected “weapons savvy” people on the planet!

Here’s a “Taste” of what you’ll learn:

- Incredible “military tricks” that can take you from absolute rookie to a master of the handgun in just a few short hours!
- Insider fighting secrets that only the most elite soldiers who have faced real combat could ever share with you!
- How to handle a weapon better under overwhelming stress than most people can in the calm serenity of an empty firing range!
- The 8 huge mistakes almost all men make with firearms... and how to handle your weapon like an expert overnight! (Even if you’ve never picked up a gun before in your life!)

- Where to strike your opponent to end any fight instantly, no matter how big he is, or how surprised you are by the attack!
- The 12 “tactical” survival rules you must know to win an armed encounter with any attacker – including the horrendous “Hollywood” mistakes most people make that get them seriously hurt or killed! (Some of the most “normal tendencies” you have are 100% wrong!)
- The one “basic” mistake even some cops and soldiers make (despite their expensive training) that erases their training advantage in a streetfight! (You’ll never fall victim to it yourself!)
- Why a simple change in your “mindset” will mean the difference between being a victim... and being safe!
- How to handle pepper spray! (A great tool that even the most deadly soldiers now consider an important part of their self-defense package – but you must know how to handle it correctly!)
- Single takedown moves that require no strength whatsoever! (Perfect to teach your kids and wife... or to use when you’re hurt or attacked by bigger men!)
- How to immediately win a fight if you find yourself on the ground, on your back, with a bigger opponent on top of you!
- Why untrained shooters often pick the wrong targets 100% of the time!
- How to cancel out the 7 most common ways criminals surprise families inside their home!
- The 2 “warrior-tested” combat secrets of winning a fight every time!
- How to unleash the “animal secret” within you that can turn around any situation where you are horrible outnumbered and surprised! (A 40lbs. Wolverine uses this secret to drive off whole wolf packs from their own kill!)
- The fastest way for even a gentle, never-in-trouble man to instantly bring up the necessary aggressive response to attack! (This secret is often all you need to

force back an assault, since most criminals are not prepared for expert, aggressive counter measures!)

- How to control the “shakes” and super-hot adrenaline dump that occurs during tense, violent situations! (You’ll be cool, smooth and effective no matter how confusing things gets... just the opposite of how most men react!)
- How to “finish” a complicated situation with clever (yet simple) pain-compliance tactics that will guarantee you have complete control over your opponent!
- Plus, how to fight (and win) barehanded against clubs and knives... how to choose the right gun for you... how to reach your wife and kids the basics of self-defence (so they will never be surprised by an attacker)... and more.

“The Stunning Israeli Connection: All-New Short-Cut Lethal Hand-To-Hand Fighting System (That FREAKS OUT Even Hardcore U.S. Soldiers) Finally Revealed by Top Israelie Combat Veteran!”

I won’t try to convince you here. Only seeing the stuff in action will convince you. Still, here’s a “Taste” of what you’re about to discover:

- How to use the combat-veteran soldier's “Vital Target” map of vulnerable spots on the human body... to instantly take out ANYONE (of any size or skill level) who attacks you! (Imagine having secret targets you can reach on anyone, at any time, that will paralyze and put him down in one swift move!)
- How to raise your fighting skills from zero to world-class (overnight)... using just 7 basic moves that work on the ground, standing up, or against weapons! (This is the simplest fighting system you’ve ever seen... yet it is also the most PROVEN and effective!)
- How to control... incapacitate... and end the fight on your terms... in just seconds!
- Why “pain compliance” is total horseshit in real combat... and “quick-learn” tops on how to instantly destroy the skeletal structure of your opponent to immobilize him without breaking a sweat! (Pain doesn’t deter wild-eye terrorists when they’re in an adrenaline-fueled fury. Trying to win a fight by “stunning” your attacked is stupid and can get you killed in the real world.)

- How to learn – fast, in one quick session – almost all you need to know to face down the most dangerous situations you’ll ever encounter!
- The secrets of lulling your opponent into false confidence... right before you take him out! (Gain that crucial extra second to get the upper hand, without escalating the danger.)
- How to use 12 pounds of pressure (less than it takes to open a can of soda pop) to cause a complete shutdown of his vital systems! (A trick Israelis learn so they can take out an attacker on the run, without pausing to “fight” in any normal or expected way!)
- How to “mask” your intentions... so your fight-ending move is completely hidden and a total surprise to your opponent!

U.S. Navy SEAL Unarmed Combat Instructor Reveals Amazing Combat Proven Fighting System!

...Especially Effective If You Are Surprised, Out-Numbered Or Just Caught In A Situation Where Everything Is Screwed Up!

You see it all... and you get to rewind and see it all at your leisure.

Here’s what you’ll see:

- Exactly where the best “fight ending” targets are on your opponent... and the simple secret all great fighters use to make sure they hit them!
- How to use the “Step n’ Slide” stance to instantly put you in a powerful strike-delivering position!
- Why most fighters are 100% wrong in the way they use knee strikes!
- The secret of “equal and opposite TORQUE” that will add the heft of a brick to your weakest punch!
- How to protect your own most vulnerable points while you’re delivering “take down” strikes yourself!

- Why the natural way your body moves makes for the most effective close-in fighting. (Forget all the fancy mess you see in the karate movies!)
- How to cancel out any kicks your opponent throws at you!
- Devastating (and usually fight-ending) defensive tactics that turn aggressive moves toward you around 180 degrees!
- How to “finish” a fight using clever (yet simple) pain-compliance holds that will guarantee your opponent stays down!
- Single take-down moves you’ve never seen before that require almost no strength or leverage at all!
- Grappling moves that will quickly end any fight where you find yourself wrestling on the ground!
- How top fighters “blitz” the center of an opponent! (This is an astonishing effective fighting technique.)
- Plus – how to fight unarmed against clubs... knives... and guns... how to disarm an attacker with simple moves... how to counter mass attacks or two or more assailants (using “angulation”, a technique the SEALS love)... how to fight when you’re back up against a wall... and more. Much more.

Very hot and urgent “Insider” information... plus a free weapon... but ONLY if you’re damn serious about your ability to maim and dominate ANY trained streetfighter or pro martial artist!

Here’s a “taste” of what you’re about to learn... quickly and easily:

- How to explode in tight areas, with “short-hand” strikes that require zero “windup” or “stance”... and yet deliver instant traumatizing shock to your attacker!
- Incredibly devastating “up close and personal targets” most martial arts ignore (such as the very tender brain stem)... which can immediately put your opponent into a world of blinding, immobilizing pain!

- Easily defeat the headbutt used by streetfighters and JKD stylists! Use one easy (and totally unexpected) move to slam your attacker face down, stunned and helpless!
- How to “shock and lock” your opponent by simple “capturing” his eye sockets with your thumbs... putting him into instant and total submission. (This causes excruciating pain and it just gets worse if he tries to escape!)
- An amazing easy-to-pull-off “double tap” knee strike that guarantees he will NOT get back up once he has hit the ground. (Yet you need almost no space to operate in!)
- Instantly neutralize cheap “cold-cock” shots coming at you with an easy headcrank combination that spins even a monster-sized attacker around like a child’s toy top. (He thinks he’s about to crush your jaw with his fist, and suddenly he’s on the ground, dazed and in nightmarish pain!)
- Instant head control techniques that will inflict massive, blinding pain and total submission, no matter how overmatched you are in size or skill! (The most effective submission tactics anyone’s ever seen. Not pretty... but VERY effective.)
- Amazing new kicking techniques that deliver the same bone-crushing effect as swinging a small sledge hammer into an attacker’s body. (You won’t believe you can cause so much damage with a kick, no matter what discipline you’ve trained in before!)
- Instantly take out anyone who dares to rush toward you – perfect defense against the “bull charge” of a much larger and meaner opponent. (Plus... here’s the simplest choke-out finish you’ve ever seen!)
- The secret leverage points on all bigger, stockier guys that gives you a surreal advantage in any fight.
- Ingenious NEW ways to use an attacker’s street clothes (even thin t-shirts) to snare, choke and blind your attacker and leave him stunned, prone and confused. (You haven’t seen these techniques from any other system or tape and they have NOTHING to do with traditional Jiu-Jitsu Gi chokes!)

- PLUS... how to conceal and use an astonishing new weapon that has never been seen in this country before. It's simple, easy and street-legal (for now.) Yet, it's the most effective "combat ender" you'll ever have in your possession.

Veteran Streetfighter Agrees To Give You A FREE \$39 VIDEO

Revealing His Most Powerful (And Surprisingly Simple) Down-And-Dirty Fight-Ending "Tricks" Just To Prove That A Well-trained Citizen (Armed Only With This Incredible Knowledge) Can Still Safely Walk In Public!

Yes, that's right, it's a FREE video – titled "Street Combat Made Easy" – and on it you'll learn...

- An instant knockout point on the human body that's easy to hit and works every time!
- Where to hit a person to cause so much pain, the body just shuts down completely!
- How to slam someone to the ground, just by grabbing his ears!
- How to control a person whose charging you like a bull – a simple "crank" that makes his knees buckle and lets you do whatever you want to with his body!
- A simple innovation that increases the effectiveness of your punches by 50% or more! (It doesn't take a lot of practice, either. You'll learn it in one session!)
- Where to aim when you're punching so that you always hit the person's #1 knockout point!
- Ground fighting? GHow to protect yourself from "bystanders" who try to kick you!
- Bones on the foot that break like a toothpick, and how to nail them!
- The life-saving secret of doing headbutts that not one person in a thousand knows. If you don't do this right, you will put yourself out of commission when head-butting your opponent!
- How to save yourself from a life-threatening choke-hold!

- A “guillotine” move that finishes things off real fast!
- An “open-hand” defensive technique that can instantly be turned into a lethal offensive striking mechanism!
- The proper fingers to use for an eye-jab so that you never miss your opponent’s eyes!
- How to use eye-gouges with the effectiveness of a Randall knife!
- How to grab a person’s head and then head-butt them in a way that splits their head open! (Obviously, only to be used when you have to kill!)
- Easily-accessible pressure points on a person’s face and head that will cause them a great deal of pain with just a light amount of pressure from your fingers!
- The 2 most lethal areas on the body, and how to attack them!
- What we can learn from the way apes and monkeys fight in the wild – a simple technique you only want to use in a life-or-death situation!
- A special way to do a groin slap that attacks a “hidden nerve” near the scrotum. Hit this spot and the fight’s over!
- How to attack the diaphragm for devastating stopping power. Even the slightest hit here will knock the wind out of someone!
- The proper way to go for the throat, With one hand, you can stop the fight before it begins!
- Knife Defense: a simple “cross-over” technique that will stop most knife attacks and enable you to disarm the attacker and put him on the ground!
- Why complicated “routines” look great when you practice them, but almost never work in the streets – and a simple trick that gives you the split-second advantage you need for turning the tables on your opponent!

- Joint locks and manipulations that work well even if your attacker has a knife or gun!
- Where to hit a person's arm so that he drops his knife – no matter how strong his grip is!

Let me give you some juicy samples of what you'll learn from the 4 hours and 15 minutes of nonstop incredible material Jim has to teach you. A single one will save your life if you're ever in trouble – and Jim gives you hundreds to choose from on these video tapes! Take a look,,,

- The first thing you want to do in any fight. Do it right and you can actually avoid getting hit!
- How to put a little extra “bite” into each punch you throw!
- 7 crucial things to know about throwing a punch for maximum effectiveness – plus “rhythm” drills that install these skills into your mind and body like computer software!
- How to dramatically cut down on your vulnerability when facing a hostile opponent.
- 6 areas on a person's leg where your kicks will cause the most pain possible. One will even break the guy's leg!
- The most underestimated kick in your arsenal. It's also the most effective for ending a fight immediately!
- The secret to this low-line kick makes all the difference in the world. People have actually died from the shock of being hit by one of these!
- A special “heel-hook” kick that takes people completely by surprise and causes a lot of pain!
- Shin hits that will cause most people to give up the fight almost instantly!
- Where to hit the nerves on the leg to cause the person;s legs to buckle – even with a “gentle” hit!

- A “push and shove” technique to add to your kicks that gives 200% more power and stopping ability.
- A “T-block” that stops cold even the hardest kicks to your groin, while simultaneously “loading” your body with explosive power that you unleash on your opponent with lightning-fast speed!
- How to “control” your opponent’s body so that he feels the maximum force of every punch you land!
- A way to attack the lower leg that will break a person’s knee and probably cripple him for life!
- The proper way to back up during a fight. This will keep you from getting pinned against a wall (where you’d definitely get the shit beat out of you!)
- A “probe” kick that tricks your opponent into dropping his guard so you can attack his head!
- An extremely simple forearm strike that will knock someone unconscious when placed in the right spot!
- Key “clues” to look for in a person’s body language that tell you if he’s about to hit you or not.

That’s why he wants you to have the free video I mentioned earlier... this way, even if you decide not to keep the other 2 tapes in the set, at least he’ll have touched your life in a lasting way that could end up saving your life someday.

Think about it...

- You’ll learn dozens of chokes, locks, hlds, kicks, strikes, take-downs, breaks... you name it.
- Simple ways to tie your enemy up like a pretzel and cause him so much pain, he’ll immediately give up the fight!
- Powerful ways to increase the pain on your assailant if the idiot doesn’t give up!

- What to do if your enemy out-wrestles you. One simple trick can turn the tables in the blink of an eye!
- An amazing way to choke someone out and slam him head-first into the ground, just by grabbing his collar!
- The first thing you want to do when you end up on the ground, and the second move that will end the fight instantly!
- How to manipulate a person's entire body – turning him any which way you please – just by grabbing his chin!
- Escape techniques that let you break away from any bad situation!
- How to get out of a bear hug, from the front or from behind!
- How to trip someone when they try to punch you. One of these sneaky moves will even break the guy's foot on his way down to the ground!
- A foot stomp that will end most fights all by itself!
- Where to kick the knees for the easiest break!
- 3 excellent ways to break away from someone who grabs your shirt from the front. You'll flip them onto the ground without breaking a sweat!
- How to hit someone with a beer bottle for maximum effect. Plus, Jim tells you about a particular type of soda bottle that's the meanest weapon of them all!
- Amazing things you can do to someone with your umbrella!
- A "standing arm bar" that will introduce your attacker to a whole new world of pain!
- How to cut a much taller person down to a manageable size with a simple "bump".

- And on and on. Heck, if I gave you one of these “juicy tidbits” for every single thing you’ll learn on Jim West’s new video, this letter would be 20 pages long! I’m not kidding!

Why Almost Everyone Is Wrong In The Way They Build Muscle Mass, Strength, And Power!

Here’s just a sample of what you’ll learn

- How to spot – and defeat immediately – the two natural “forces” that are constantly trying to push you into the “no gain” zones of overtraining and undertraining!
- How to reach, in just 3 weeks, the point of getting steady, permanent and phenomenal gains that won’t stop! (You won’t recognize the freaky beast looking back at you from your mirror!)
- How to use the amazing “NMA” secret of “decoding” any exercise to determine its MAXIMUM POTENTIAL for results! (It’s the reason the squat always gives you better results than the leg press... why standing curls out-produce seated curls... and why simple pull-ups beat lat bar pulldowns!)
- Why anybody who stops at 8 reps is walking away with only part of their workout done!
- Why you should be more concerned about undertraining than overtraining!
- How many times each week you should be training each body part.
- How to determine what volume you should be lifting.
- Why periodic layoffs (2 days off every 8 days) are the wrong way to train!
- Why longer rest times between sets are necessary for adequate recovery.
- How to make your workouts 3 or 4 times more productive – without spending more time in the gym!
- Why you can actually accomplish more with shorter workouts than longer ones!

- Why you can actually lose ground if you go past the recommended training time!
- Why you'll get much better results if you live faster, rather than slower!

"Why Are Big, Tough, Bad Ass Fighters So Terrified Of Little Bobby Taylor?"

And now, we have everything he knows, packed tight in 90 minutes of the most breathtaking footage you've ever seen. Here's a sample of what you're about to see:

- Where the most vulnerable targets are on a big man... spots you can easily get to without being touched by him in return!
- How to take out a larger attacker "in close"... without ever striking above his waist.
- How to crush any attacker's feet with a single stomp! (Do it wrong, as most martial artists do, and you'll just piss him off. Do it the way Bob shows you, and his feet will collapse like socks full of crushed walnuts.)
- How to use the psychological advantage you have against an attacker who thinks he's going to rip you up easily. (Big surprise for him, nice tidy 2-second fight for you.)
- How to never get hurt yourself in a fight, even if you go against Mr. Universe!
- How to line up your best physical weapons to send him instantly into a world of intense, blinding pain! (The most unusual – and brutally effective – use of thumbs, fingernails, elbows, knees and feet you've ever witnessed! Easy to learn, simple to use, too.)
- Why the most devastating headbutt you can deliver does NOT require any strength. (Bob demonstrates by wrapping four flooring tiles – "strength factor" of 11.2, more than a human skull! – with a layer of rubber to stimulate skin... and then obliterating it with a single head-butt. Amazing proof you won't ever forget when you need it...)
- How to make your attacker suddenly feel like he's being ripped to pieces by a pack of wild dogs!

- How to break his collarbone without using your fist! (A neat trick entirely new to martial arts!)
- How to do exactly what the big guy NEVER expects you to do in the first second of a fight – leaving him without a real strike, and utterly open to your choice of a dozen finishing moves!
- How to do more damage in a 2-second “flurry” of attacking strikes... than two men can usually do against one victim!

Why Are Bigger, Stronger, Taller And Meaner Multiple-Black Belt Bad Asses Absolutely Terrified Of Challenging This Mild, Middle-Aged (And Undefeated) No-Rules Cage Fighter From Arizona?

In just one short lesson, Tom will show you:

- How to immediately pump 400% more raw power into every blow you deliver! (Tom has taught 78-year old women to knock out grown men with a single strike – and they’ve done it, while being attacked in their homes at night!)
- How to create a protective shield that will NOT ALLOW any fighter to come close to striking you at any time! (The Muay Thai kickboxers who faced Tom call it “voodoo” defense because they are so amazing they can’t penetrate it... but it’s really just a simple secret – easily mastered once you know what to do – of redirecting incoming energy.)
- How to quickly make a strong opponent weak! (You’ll see his “will to fight” rush out of him like a punctuated balloon, while he just exhausts himself with frustration and rage... turning him into a nice soft punching bag for you, no matter how big and pissed-off he was to start.)
- How to tap the astonishing “hidden strength” inside you that will immediately fill you with the steel-eyed confidence and energy of a true warrior! (Works so fast and so effectively, it’s like magic. Tom himself has used this “superhuman power” to take a bullet, finish the fight... and still leave the hospital before the other guy was out of Intensive Care!)

- And... how to quickly open up a skilled attacker, knock him down and finish him off in seconds! (All the options are yours... and this goes down when you decide to take him down!)
- What's more... what you learn from Tom will "fuse" together seamlessly with any fighting skills you already have! (Unlike all other martial arts, where you must forget everything you know to learn new styles.)

World Famous Street-Fighter Will Give You A FREE GUN...

Just To Prove He Can Take It Away From You Bare-Handed As Easy As Candy From A Baby!

You will be able to quickly take away your assailant's fun, and you will also learn:

- How to "jockey" for your best first-strike position during an attack!
- How to instantly "classify" any gun (single action vs. double action)... and how to tell if a gun is in "Condition One" – military jargon for "ready to fire"! (This "inside" weapon knowledge could give you a precious extra second in any confrontation... enough to choose your best next move!)
- The most important (and toughest) decision you must make in any armed confrontation... and how to make it intelligently and morally (so you never have to second-guess yourself later!)
- Why the incorrect disarming techniques will actually force your attacker to fire... whether he's decided to or not!
- Why a man with a gun stangin just 2 feet away from you is at a disadvantage... and how to use simple "leverage" to make him regret it forever!
- Why the correct way to "clear" a weapon increases your chances of not getting shot (first rule of bare-handed gun fighting) by 60%!
- Why the fancy-schmancy spinning head-kick techniques most martial artists learn are hopelessly inadequate in surviving a real street-fight! (And the "false confidence" you get will cause you desperate trouble!)

What's more, you'll also learn how to disarm an attacker who has a knife... along with:

- How to tell when your attacker is just "bluffing" with a knife... and when he's about to commit to stabbing you! (Crucial knowledge for making your best fight-ending move!)
- The single most important decision you must come to terms with in a knife fight!
- How to protect your most vulnerable "targets" during a knife fight... and how to use these rapid-blood loss areas against your assailant to end the fight instantly!

Plus, you'll learn the tactics of taking away a club or baseball bat from an attacker... and also:

- How to tell where the "sweet spot" of a club or baton is... where all the damaging power is located! (And how to avoid it!)
- Where the "Safety" area of the club is: toe 20% of any swing where the power of the club is wasted (and where your opportunity to end the fight lies)!

And, once you've disarmed your attacker and are facing him bare-handed... well, that's just child's play now. These tapes will show you:

- How to use the secret of your body's natural "fulcrums" to bring anyone to their knees... using only 12 pounds of pressure and a tiny "torque" of your wrist! (Once you understand the secret, even a fighter twice your size can be dropped in a blink... with no more exertion on your part than you'd use to open a tin can!)
- The one "dojo" karate trick to never use in the real world! (It's a silly, dumb thing to do... and yet it's one of the first things you learn as a rookie martial artist!)
- How to master the strongest grip you're capable of – no matter how "weak" you think you are!
- How to use simple "cat-like" tricks to force your body to fall correctly... so even if you get pushed down onto a concrete sidewalk, you'll bounce right back up without a bruise! (Plus – how to use your body's natural "cushions" to absorb almost any shock... and avoid the common bone-breaks most people suffer when knocked down!)

- The devastating secrets of joint manipulation (the lazy man's method of effective fighting)!
- The 4 crucial moves you must make when being "held up" from behind! (Or being forced to kneel from behind... one of the more common assault techniques used by desperate criminals and hostage takers!)

PLUS – and this is my favorite part of the package – you get an entire video of street-fighting "Dirty Tricks"... the same sneaky moves used by professional soldiers and cops who can't afford to waste time fighting by the old "rules of the street". You'll learn:

- The 2 psychological responses all top warriors "surrender" to the instant a fight is at hand... that increase their chance of survival and victory by 400%!
- How to quickly "cancel out" any size or weight advantages your opponent has!
- How to judge – for yourself – the "Escalation of Force" rule for any encounter! (So you are instantly in control of the fight, even if you've been totally surprised!)
- The secrets of "Single Finger" takedowns... using moves that are indefensible even by a larger and more experienced opponent!
- How to use "pain enhancement" tech to convince your assailant to stay down until the cops arrive!
- How just 6 pounds of pressure on a nerve can set you free from almost any hold!
- How to break away from strong-arm choke holds!
- The nature "guides" on your attacker's body that automatically guarantee a correct strike!
- How to avoid the devastating mistakes even black belts make when attempting head butts! (And how to use the professional tricks of performing head butts perfectly – one of the surest ways of bringing an opponent "down" without further action!)

- The amazing “filthy cat fight” trick that even urban street fighters never learn... which will allow you to control anyone who isn’t bald!
- The 12 take-down tricks that are never taught in karate “schools”!
- How to avoid the horrible mistake most fighters make with groin kicks!
- “Short Cut” kicks you can learn and use immediately... no matter how uncoordinated or clumsy you are!
- How to negate (with simple pain-control moves) the common “harassment” attacks – bear hugs, full nelsons, and head locks – that are used against women!
- Simple controlling moves that force your attacker to decide if he wants to come away with a broken arm or give up! (And how to keep him down – without serious damage – until the cops arrive!)
- How rookie fighters “telegraph” their moves... and not to do it yourself (and use your knowledge to gain advantages over your dumber attackers)!
- How to reverse the worst fighting position you could ever find yourself in!
- Your 5 best “first strikes” to end any fight instantly – a split second before it begins!
- The sneaky ways professional fighters use the element of surprise to turn around dangerous situations... even when they’re the ones who’ve been “jumped” by an assailant unexpectedly!
- The simple way to gain a “technical” advantage when you appear to be overmatched!

Mel Martin Collection:

Fascinations

For people who are almost (but not quite) satisfied with their own cooking – and can't figure out what's missing.

- If your crepes are delicious but too heavy, see page 263.
- The gourmet uses of kosher salt? See page 3 and page 22.
- If your cooked shrimp gets dry or rubbery when you keep it overnight, see page 136.
- If your fried eggplant tastes oilier than it should, see page 176.
- If you saute chicken livers perfectly but they come out tough, see page 152.
- How to make bottled horseradish taste like the fresh kind. See page 211.
- How to keep your cream from burning when you cook with it. See page 23.
- What to add to domestic paprika if you can't find the imported kind. See page 69.
- A substitute for champagne sauce that isn't perfect, but works. See page 97.
- Have you been boiling eggs in the wrong pot (and can it really matter? See page 10)
- How to make pate en croute without having the dough burn while the meat cooks? See page 14.
- The 300 recipes cover just about everything from how to purchase, prepare, roast, carve and serve a suckling pig (page 73)...
- ...to how to make sure your guests know the correct order for eating radishes, butter and black bread that together make up one of the world's great gourmet

appetizers (if the three elements are popped into the mouth in the wrong sequence, forget it. See page 3).

- Do you know what's missing if your chicken soup doesn't really taste like chicken? (See page 39.)
- How to keep an opened avocado green without covering it with lemon juice or anything else? (See page 7).
- What Chinese chefs cook together with their seafood to make it taste so good? (See page 29).
- The best way to roast a turkey? (Louis Szathmary has tried them all, and the method he swears by is on page 107).
- A humane way to kill a lobster? (See page 138).
- How to bread your meat or fish without the crumbs sticking to your fingers? (See page 125).
- How to keep lasagne noodles from sticking together? (See page 159).
- Have you been serving your roast beef too soon after it comes out of the oven? (Read page 59 carefully).
- If your biscuits aren't as flaky as you'd like, see page 231.
- If the meringue on your baked alaska isn't stiff enough, see page 267.
- If your eggs benedict aren't what they should be, read page 145.
- The fast, easy way to make good napoleons starts with 4 pieces of cardboard (they don't show up in the final dish; see page 257).
- Your house doesn't have to smell like "cabbage" while you're cooking brussels sprouts – see page 171.
- Asparagus spears should be cut under water. (Why? See page 180).

- If your family wants traditional cornbread and you don't own a traditional iron skillet, see page 232.
- If you have trouble skimming all the fat off a pot of soup, try ice cubes. Ice cubes? See page 34.

For golfers who are almost (but not quite) satisfied with their game – and can't figure out what they're doing wrong:

- If you stopped improving once you reached the point of being fairly good, see page 150.
- If you're sure you haven't yet reached your full golfing potential, your grip may be holding you back (and the correct grip for you may not be the orthodox one. See pp. 29-44).
- If you feel guilty about forgetting to keep your head down, forget it. (That is not the reason why you've been topping your shots. See page 123).
- How to make the natural errors in your golf swing start working in your favor. (See page 187).
- What to do when people tell you to swing your shoulders and arms in the same plane. (Do nothing except show them page 46).
- FOR WOMEN: You can hit the ball much further than you do now. If you don't believe it, see page 95. (Also: Why most women tend to cut the ball – and how to stop).
- If the first thing you do before swinging is position your feet, you've got the order wrong. (See page 39).
- If your shots feel solid when you hit them, but the ball flies in the wrong direction anyway, see page 19.
- Why copying the great golfers may be ruining your game (page 168).
- How to develop a good swing that is natural for your own physique (and why only a strong pro can get away with imitating the way Nicklaus does it. Page 176).

- Born slicers. You have lots of company. 80% of all golfers do the same thing. For a 5-minute experiment that can show you how to stop slicing for keeps, see page 114.
- People who are convinced they're born hookers... and think they can't do anything about it. Maybe the shots you think are hooks are really pulled. It's easy to mis-diagnose pulls, hooks, and pulled hooks. To be sure, see page 119.
- For the cure that fits the flaw, see page 122.
- If hooking is your only major goof in an otherwise good game, your own body may be getting in the way of your downswing. See page 64.)
- People who could play a good game of golf if they didn't let themselves get rattled by well-meaning friends telling them to "hit the ball late"... "keep your head down"... "transfer your weight"... "go back slowly"... "keep the left arm straight"... "tuck in your right elbow"... and "follow through!". What's wrong with a lot of the advice you've been getting? (See pp. 166-173)
- People who panic when they land in the rough. Do you know how a ball in a bush can be bunted out backwards? Try the trick on page 101. On the same page: How to use a right-handed club in a spot where only a left-handed swing is possible. Also: An "inelegant" shot for getting a lot of distance out of grass...
- How to play the three basic bunker shots (including the spectacular "splash" in which the club never contacts the ball!)... And the only sure way to extricate a ball that's buried in sand (page 106).
- People whose game falls apart in wet weather. Turn to page 156, for instance, and read up on the two things to use more of when the weather is bad (and the one thing to use much, much less of).
- If you can't hold your head steady while you swing, the second best approach is to move it in the right direction. (Which direction? See page 55).
- If you slice with your driver but pull with your lofted clubs, see page 182.

- Do you know how to score well on days when you are playing badly? (See the section on How to Compete starting at page 143.)
- If you're a reasonably accomplished golfer but you sclaff too much, you need the section about "fat" shots (page 125).
- Do you know where your club shaft should be pointing when you're at the top of your backswing? See page 29.
- Trouble with putting? "Putting isn't golf, " says Jacobs. "It's a game within golf. For the secret, start at page 91.
- More? The 6 ballistic and swing factors that can bring you as close to your physique will let you get to the perfect shot...
- 27 specific strategies to cut your golf score – with nine each for low-handicap players, middle-handicap players and long-handicap players.
- Plus! How to choose clubs that fit your game – including recommended shafts and swing-weights for each of the 6 types of golfers (ranging all the way from the exceptionally muscular and powerful under 35 years old to the senior golfer who wants to keep going strong.
- And simple cures for such common flaws as hitting too high, hitting too low, shanking, and sudden swing disintegration.

For people who are almost (but not quite) satisfied with their house plants... and can't figure out what they're doing wrong:

- If your geraniums refuse to bloom in winter no matter what you do, see page 61.
- Five great plants you can grow in really dim light.
- For people who keep their flowering plants in a sun-filled south window. Six plants that shouldn't be there.
- If the new leaves on your philodendron never get as big as the old ones, see page 49 for why.

- (The reason for small leaves on an African violet is just the reverse. See page 38).
- For people who dutifully remove all faded flowers from their house plants. One spectacular instance when there is the worst thing to do (Page 160).
- A flowering plant that blooms best in the bathroom. Page 110.
- Rules worth breaking: Next time people tell you to water an African violet (or anything else) from the bottom, show them page 13.
- What you can learn from your plants. Including what the leaves of a plant you are about to buy can tell you about how much watering it will need and how often (page 3).
- Things you may be doing right now without knowing.
- Things you may be doing wrong. For example: a plant with yellowing leaves can be helped by plant food, but it can also be hurt. How to tell the difference? See page 48.
- For people who love plants but haven't the time or patience to fuss with them. How to keep plants in fine condition for two months without watering (pages 43-45).
- Plants you should have tried long ago. For instance a house plant whose flowers look like petunias and bloom most of the year (page 110) and a cactus that looks marvelous in a hanging basket. (A cactus? See page 93).
- How to know when you're licked A mercifully small number of times when smart gardeners give up, including one kind of insect infestation you can do absolutely nothing about.
- Also: insect pests that can be at your mercy. Read pages 52-58 carefully.
- Brown spots on leaves? See page 49 for why and what to do. Brown edges? The trouble is different and so is the cure.
- The New York Times Book of House Plants show you how to do a lot of thing you never knew you could – like turning an ordinary lantana into a 4-foot tree-shaped

“standard” that would cost lots of money at a nursery (and how to do the same spectacular thing with geraniums or even lavender!).

- It also shows you how to do a lot better at the things you’ve been doing all along like watering, potting, feeding, transplanting, and training your plants to prosper at room temperature that are comfortable for you. (Five plants not to try this with, page 18).
- In addition, it explains how to do things like houseplant topiary: how to grow, train and “carve” an indoor plant into beautiful and interesting shapes. All you need is chicken wire, sphagnum moss, and the instructions on pages 214-220.
- Also – a flowering plant that makes a fine bonsai (page 143).
- How to make Poinsettia & Christmas cactus bloom again next Christmas.
- What to do if a gardenia drops its buds instead of blooming (You do it at night. Page 113)
- The only way to water a plant safely if it’s in one of those beautiful containers that don’t have drainage holes (Page 38).
- Specific instructions for getting rid of 14 houseplant pests, including bugs you know you’ve got, bugs you don’t realize are there, and some you may have but shouldn’t worry about.
- Among those notes one that is good for plants outdoors but dangerous for them indoors; a harmless one that lays dangerous eggs, what to do about mealybugs if the traditional cotton swab dipped in alcohol does not work for you, what to use on white flies if you don’t like poison sprays.
- For people who use insecticides: The most important part of a plant to aim your spray at (page 53).
- Three ways a plant may be telling you that you are feeding it too much... Which of the plant nutrients you need more of when flower buds appear... Special rules for feeding plants grown under artificial light.
- Does it matter whether your plant food is organic or chemical? (See page 31).

- Why plants that are perfect when you buy them begin to lose their leaves when you bring them home, how much of this is your fault, how much isn't, and what to do if it keeps happening.
- The main reason for failure with indoor palms.
- How to grow herbs indoors. Some plants especially recommended for offices. A few very popular house plants that are poisonous.
- Two ways to fill your house with free plants!
- How to grow big trees indoors from fruit pits including the kind of local store you should buy dates from if you want to start a date palm what to do if your avocado pits don't sprout; and why your pineapple tops may not be giving you pineapple plants.
- Plus a list of plants grown from pits that are her children (and a note about two of them that may fascinate you but leave children cold).
- How to take cuttings from your favorite plants, make them grow roots, and end up with a whole tribe that looks just like their parent.
- Recipe for an easy homemade rooting mixture that many professional propagators use.
- How to tell whether roots are forming. How to root an African violet lead and a rex begonia lead.
- The best way to plant seeds indoors, and how to master the art of air-layering.
- With 150 illustrations, (including dozens showing you exactly how to do some tricky things), and a Glossary of peculiar botanical terms. (Pubescent? See page 259)

FOR ADULTS WHO WOULD LOVE TO PICK UP THEIR EDUCATION WHERE THEY LEFT OFF...or start again in the right direction... no matter how long ago they graduated, or got married, or got a job, or got drafted, or just quit school.

- Some of the thing it tells you are:
- Which accredited colleges and schools will teach you what you want to learn.
- Which ones are near to where you live or work.
- Which ones have classes that fit your work schedule and family schedule.
- What requirements you have to meet (sometimes none at all).
- How much you have to pay (sometimes nothing).
- How to get college credits for the things you've learned since you left school (there are 900 colleges that will cooperate – and they're all listed here.)
- Exactly what to do if you need a high school equivalency certificate.
- Where to study for a license or certificate or upgrade your job.
- How to avoid "diploma mills" if you need a correspondence school.
- Where to study Arabic in Arizona? See page 95.
- A school for executives (and wives) whose companies are sending them overseas? See page 96.
- An accredited college in Colorado where you can earn a degree in auto mechanics? See page 153.

For everyone who has ever felt mad enough to write a letter to The New York Times

- An inside look at how and why the letters that appear in The Times are selected... When and why the rule against anonymous letters is broken... Three kinds of letters The Times always ignores.
- How to put The Times in its place – as accomplished by such masters as Spiro Agew, Ralph Bunche, Roy Innir, Lyndon Johnson, Karl Mundt, Robert F. Kennedy, Richard M. Nixon, Mrs. Leonard Bernstein, and others less famous but equally outspoken.
- The history of twelve decades – from before the Civil War to after the Pentagon Papers – as reflected in 320 letters from people who made history, and people who refused to remain silent while history was happening to them.
- For the last 120 years, letters to the editor of The Times have been reflecting and sometimes influencing the course of national and world events. Trotsky wrote The Times from exile in Mexico (page 26) and Thomas Mann from exile in Switzerland (page 23).
- Former Secretary of State Simson wrote from retirement to denounce Senator Joseph McCarthy, referring to him not by name but only as “the accuser” (page 42).
- Some situations in which The Times abandons its policy of trying to reflect a balance of opinion (page 9).
- 6 ground rules by which letters are judged. Page 7.
- 10 different ways to score points against The Times (and who scored them when):
- 320 Letters reprinted verbatim from editions of The Times dating back to 1851, with advice to letter-writers that only the Letters Editor of The Times can give.

**FOR NEW YORKERS WHO WOULD RATHER RIDE BIKES THAN SUBWAYS, BUSES, CABS
OR CARS if somebody sensible would just tell them:**

- What steps to take when the landlord doesn't like bikes.
- How long it would take you to bike to work (and which routes are provided as the quickest and most efficient).
- How to survive in Manhattan traffic (including which lane to use on those intimidating one-way avenues).
- How to make it difficult for even the most expert thief to steal your bike.
- Have you been pedaling with the wrong part of your foot? See page 19.
- Why the "experts" who keep telling you to raise your bicycle seat higher are giving you bad advice.
- The easy hand-signals that can keep you out of trouble with people who still drive cars.
- It tells you how to lock your bike so the wheels can't be stolen...
- The approved bikeway streets for heading uptown, downtown and across town...
- The traffic rules that bicyclists are required to obey...
- 3 things never to do if you find yourself heading for a pothole...
- When to leave your bike home...
- What parts of your bike have to be oiled, and how often...
- What to make sure of before you use gas-station air for your tires...
- 3 ways to stop your bike if you don't trust your breaks (and when to be suspicious of them)...
- Maximum safe speed for bicycling in the rain...

- Why a bike shop has to charge you more for patching a tire than for replacing it...
- Why “bicycle mirrors” are no help on a bike (and what kind of mirror to buy instead)...
- How to arrange for a public bike rack that can be tax-deductible...
- The safest kind of chain and lock for a bike in Manhattan)and a simple test to make sure it’s the real thing before you pay for it)...
- What to wear on a bike, and why...
- The one and only way to get your bike insured.
- “In Manhattan, for any distance under 3 miles, the bicycle is faster” (see page 1).
- Also: Neighborhood maps and lists pinpointing Manhattan’s 99 public bicycle racks and 40 bicycle shops (identifying shops that sell, shops that rent, and shows that repair)...
- Tours for the Manhattanite liberated by a bike, including a Greenwich Village tour that would be unthinkable any other way, an uptown art tour, a downtown art tour (East Village and Soho), a Sunday Wall Street tour, an Ethnic Gourmet Tour for pedaling and nibbling your way from Delancey Street to Chinatown via Little Italy...

THE REAL DOPE... FREE

- The real dope... to buy stock exchange securities for 20% to 30% under the official quoted price.
- The real dope... to collect interest from two money market funds using the same money!
- The real dope... to know bills it’s okay to pay late.
- The real dope so you can buy little-known government treasury bills that pay 10% to 12%.

- The real dope on the secret, legal ways to hide your assets from the IRS.
- The real dope on what you should never, ever eat on an airplane.
- How to buy items at sale prices – even when they're not on sale.
- How to double your investment returns – without doubling your risk.
- How to get VIP treatment in hospitals... all patients are not treated equally.
- How to deduct cost of hobby as business expense.
- How to buy a house with no down payment.
- How to claim parent as dependent without providing 50% of support.
- How to outwit muggers in self-service elevator.
- How to make your keys hard to duplicate and your signature almost impossible to forge.
- How to make money in a declining stock market. Done all the time by Wall Street professionals, and it's easier than it sounds.
- Asia's newest stock exchange that will make fortunes for sophisticated investors within the next two years.
- How to beat the high interest rate on unpaid credit card balance.
- How to choose the right vacation cruise.
- New insiders' rule of thumb for predicting average age of fellow passengers.
- Best cabins on any ship if you don't want to be seasick.
- Credit cards that can start charging interest before you even get your bill.
- Your daily newspaper's weather map... key to a fortune in grain futures.

- How to deduct all your medical bills without first subtracting 7.5% of gross income.
- How thieves deactivate burglar alarms. Changes you should make in yours.
- What never to keep in your safe deposit box. Never. And how to stop the state from stealing it.
- How much to tip so you'll never look like a sucker – or a tightwad.
- Legal way to take tax deduction for cost of commuting to work.
- Numbers that should never be used for combination lock. Professional burglars try them first.
- How to know when it's time to sell a stock, recognize a real downward trend, get out before taking a big tumble.
- Why couples who signed mutual wills should tear them up and draft separate ones.
- Promises not to believe in package tour brochure.
- Best time to get standby seat on any airline.
- How to check in or out of crowded hotel without standing in line.
- How stockbrokers unload securities from their own inventory at higher than market price. Evidence is buried in fine print on confirmation slip.
- Best time of year to look for bargains at auction houses.
- Most dangerous tax audit comes right after you die. How to fight back from the grave.
- Costs not listed in a health insurance contract can be covered if you know the ropes.

- Add up what you spent on your daughter's wedding and use it to reduce your income tax.
- What never to tell an insurance adjuster. First thing said after loss can be the worst mistake.
- How to accurately anticipate changes in the Federal Reserve prime rate.
- How to deduct family vacation as a business expense. Possibilities your accountant never showed you.
- Best-value health insurance companies.
- The seven most commonly overlooked tax deductions. Your wri
- How to obtain bigger Social Security benefits from a spouse who never worked.
- Start a home-based business for under \$500.
- Withdraw money from IRA before age 59 ½, pay the penalty, and end up way ahead. Beats any other form of saving.
- How to beat the tax on Social Security benefits.
- The best remaining tax shelter.
- What it's your business to know about the travel business... the insurance business... the nursing home business... the bank business.
- What doctors and hospitals won't tell you. What the IRS doesn't tell you. What brokerage houses don't tell you.
- How to pick the right wines, the right exercises, the right stereo system, the right credit cards.
- How to choose a nursing home. Smartest time for inspection tour.
- Intensity of pain in dentist's office depends on time of day. New discovery: Hours when it hurts least.

- How to translate medical jargon on a patient's hospital chart.
- How to use sleeping pills without becoming addicted.
- How vasectomy changes body chemistry.
- Stop a headache by pressing the right spot on your wrist. Try it and see for yourself.
- Two famous cold remedies that make you sicker if taken together.
- Safest place in any hotel room to hide valuables.
- Skin caught in zipper. Quick fix.

KNOW IT ALL NOW... FREE

- Know it all... the bills it's okay to pay late.
- Know it all... what you should never, ever eat on an airplane.
- Know it all... super-secret legal ways to hide your assets from the government.
- Know it all... how to beat the high interest rate on unpaid credit card balance.
- Know it all... how to buy a business with no money down.
- How to learn about medical discoveries before your doctor.
- How to make money in a declining stock market. It's easier than it sounds.
- How safe is your pension? Rough questions to ask at the office about how they invested your money.
- When to sue a lawyer for malpractice.
- Want to sell your house in a bad market? Here's an unconventional, off-the-wall approach that gets results... and fast.

WHAT AIRLINES WON'T TELL YOU

- What phone companies won't tell you.
- What insurance companies won't tell you.
- What credit card companies won't tell you.
- What supermarkets won't tell you.
- What the lotteries won't tell you.
- What car dealers won't tell you.
- What the banks won't tell you.
- What the IRS won't tell you.
- Every lottery number has the same chance of winning, right? BALONEY! See page 318.
- Every sweepstakes entry has an equal chance of winning, right? BALONEY! Page 318.
- Every slot machine gives you the same chance of winning, right? BALONEY! Page 377.
- If you start collecting Social Security at 62, you lose money, right? BALONEY! Page 118.
- The IRS always knows when you receive taxable income, right? BALONEY! Page 480.
- These must be the best kept secrets in America. 1,688 inside ways to separate the facts from the bunk, the baloney, the ballyhoo and the bull. All in plain English from over 600 inside experts...
- If a health insurance contract doesn't cover treatment, you can't collect, right? BALONEY! Page 429.

- Sex before athletic competition is a no-no, right? BALONEY! PAGE 455.
- All US airlines obey the very strict safety rules, right? BALONEY! How to spot risky ones. Page 368.
- What car dealers charge you for twice. And why you don't catch on. Page 348.
- The only person worth complaining to at any telephone company. Never mind who they say to call. See page 300.
- How to get a store's best price. Most shoppers start bargaining a few minutes too soon. Page 293.
- When travel brochures are BALONEY. Promises not to believe. Page 365.
- You're always safe with US Government securities, right? BALONEY! What the Treasury guarantee does not cover. Page 40.
- Reducing diets that make you heavier. Page 443.
- How to get the doctor on the phone when they don't want to connect with you. Page 427.
- How auto repair shops pad your bill. Inside strategy for getting honest total. Page 360.
- Nursing home patients with assets in their own name can't qualify for Medicare, right? BALONEY! See page 431.
- First loan any bank offers is the most expensive kind. What to insist on instead. Page 14.
- How to make your vacation tax-deductible without claiming it's a business trip. LEGAL! Page 83.
- Instant tip-off that bad snapshots are processor's fault, not yours. Page 309.
- Best credit card to use abroad. (Never mind what the ads say. See page 374.)

- How to read diplomas on a doctor's wall. When not to be impressed. Page 427.
- Weight loss programs where the only thing you lose is money. Page 442.
- Two ways a bank can calculate your average monthly balance. One of them is ground for closing your account. Page 8.
- Condominium buyers alert. Tip-off that monthly costs will escalate fast. Page 264.
- They can't cut your pension if it's vested, right? BALONEY! Page 121.
- Applicants for credit should list all loans paid off, right? BALONEY! What to leave out. Page 15.
- Every travel agent's computer shows the same airline prices, right? BALONEY! See page 367.
- Check arrives unsigned. Send it back for signatures, right? BALONEY! Deposit is fast. It's what you write on it that counts. Page 10.
- Top deduction for business lunch is 80%, right? BALONEY! How to deduct 100%. Page 81.
- Vaccines that didn't work. Do you only think you're protected? See page 417.
- What to play in Atlantic City but avoid in Vegas. Page 377.
- How supermarkets manipulate you into buying expensive items when the low-priced ones you came for are right there on the shelf. Page 293.
- Pay your taxes at the last minute with a check they can't reposit right away. Gives you extra time. No lateness penalty. LEGAL! Page 107.
- How to look up unlisted phone numbers. Page 300.
- Secret word makes ambulance come faster. Page 394.

- Rent a safe deposit box the IRS won't find out about. LEGAL! You can do it right now at your own bank. Page 101.
- How to fight back when a health insurance claim is denied. And win! Page 429.
- Make your car "invisible" to highway radar. LEGAL! Page 355.
- Your big charity turns out to be your relatives. No flak from the IRS. Page 150.
- How insurance companies know who is a smoker... even if they claim they're not. Page 141.
- Free car repairs after warranty expires. (Best kept secret in the automobile business. Page 353).
- Open a Swiss bank account by mail, and answer "no" when the IRS asks you if you've got one. LEGAL! Page 102.
- How muggers choose their victims. Does the expression on your face mark you as an easy target? Page 381.
- Soft drinks that steal nutrition from food you wash down with them. Page 441.
- How to foil a rapist. Use your knee, right? BALONEY! Use your thumb. Page 381.
- What's in your cosmetics? Propylene glycol? Triethanolamine stearate? Before you put them on your skin, see page 413.
- How to get around the residency requirements for lowest tuition at state universities. Page 482.
- How to collect 100% from major medical policies with 80% limit. Lots of people could be doing this but nobody shows them how. See page 432.
- How to collect interest from two banks at same time on the same money. Page 7.
- How to travel free on luxury cruise ships. Lots of passengers you meet on board are doing it but never tell you. Page 367.

- Win radio call-in contests by NOT doing what the announcer says. Page 317.
- Tests in a doctor's office that can transmit AIDS virus. Page 408.
- What never to reveal when reporting a lost or stolen credit card. Never. Page 12.
- How to spot fake ID. Unmask an imposter by making a deliberate mistake. Page 10.
- Instant revenge against an obscene phone caller. You never got help like this from the police or telephone company. Page 381.
- How to open a combination lock if you've lost the combination. Page 296.
- If the engine overheats in traffic on a hot day, turn on your heater. Your heater? Page 357.
- Quit your job, take your pension tax-free, and use it to start your own business. LEGAL AT ANY AGE! Page 179.

Best-Kept Secrets In America

- The secret link between flying and cancer.
- Which dogs deter burglars (Forget the Doberman. Here's Why.)
- Say the magic word and car rental costs less.
- How to know when a slot machine is ready to pay off.
- Messages that make hard-to-reach people call you back.
- Turn vacations into tax deductions.
- Use postage stamps to solve impotence problem.
- Smartest time to file your tax return if you want to avoid audit.
- How to speed up insurance claims when you're getting the runaround.

- Dangerous ingredients concealed by major brands of package food.
- Sexual side effects – good and bad – or everyday medicines.
- Harmful food bacteria that microwaves don't kill.
- How to detect marked cards and loaded dice.
- Costs not covered by health insurance can be covered if you know the ropes.
- How to deduct all your medical bills without first subtracting 7.5% of gross income. Lots of people do it and never get in trouble. What's more, their ploy is perfectly legal.
- Dirty ways that insurance companies cheat policyholders.
- Failure to report taxable income can be fraud or just carelessness, depending on your bank.
- How the make of car you drive affects your risk of being stopped for speeding.
- What these peel-off labels on your tax return say about you. How they help the IRS.
- How to beat the penalty for taking money out of IRA before age 59 ½.
- Time of day when pain in the dentist's office hurts less.
- Time of day when calories put less weight on you.
- Female hormone in men's grooming products. Risk of embarrassing results.
- Stop a headache by pressing a secret spot on the arm.
- When not to trust reading on electric meters.
- How to fold sweepstakes entries. What kind of envelope to mail it in (and why).

- Instant tip-off that phone bill contains error.
- Painkillers that make pain worse.
- Make a big purchase on a credit card and get 50 days to pay. No interest charge.
- Legal way to beat the cruel tax on your Social Security benefits.
- How elderly can get Medicaid and still keep assets intact.
- How to make severance pay tax-free.
- Where to hide valuables in hotel rooms.
- How to guess the right answers on multiple choice tests.
- How thieves deactivate burglar alarms. Easy changes to make in yours.
- How to slash your property taxes.
- Tip-off on the odometer on the used car was rolled back.
- Frequent flyer “benefits” that COST you money.
- How to get lower credit card interest rate without switching cards.
- How to buy CDs that pay more than the going rate.
- When not to trust “tamper-proof” seals.
- Fly economy class, get free meals from the first class menu.

The Best-Kept Secrets of the Rich & Well-Connected

For years, they’ve enjoyed perks, privileges and pleasures beyond the reach of most people. Now you can, too.

- I’ll tell you more about your free mini-subscription in a minute. But first, let me give you a sample of the types of life-changing secrets you’ll find in *Bottom Line*:

- Alternative medicine. What works and what doesn't.
- Legal tax deductions your accountant never told you about.
- How to deduct the cost of your stereo... your air conditioner... your swimming pool... and more.
- How to get a window or aisle seat when they're "all taken." Just do this 15 minutes before flight time.
- Why you should have a second passport. And how to get one legally. State Department's best-kept secret.
- End back pain forever – without drugs, surgery, or exercise. No acupuncture needles or chiropractic adjustments required either! Amazing discovery by New York orthopedist.
- How to spot a stock that's about to split. Just look for these tell-tale signs.
- How to find out if someone has a "past" – criminal record... bankruptcy... or whatever else they're hiding.
- Get a double tax deductible every time you put money into your IRA. This loophole only sounds illegal.
- Worried about cancer? Have your doctor check for this key clue... between your toes!
- What real estate pros look for when buying a home. Clever way to find out about a problem not revealed in the inspection report.
- What IRS computers are looking for on your tax returns. And how to throw them off the scent and avoid an audit... without telling anything but the truth.
- 4 places where you should never hide valuables. (Burglars look there first.) Plus... 4 safe places burglars never look.

- How to get 100% of health costs paid by insurance even though your policy's only supposed to pay 80%. Easy to do – no haggling or arguing involved.
- Easy ways to do hard things. Here's how to find a lost contact lens in carpet... release skin caught in a zipper... remove scratches from furniture... and more.
- How to make sure you always get the sale price – if you missed the sale. Best-kept secret in the retail industry.
- The worst time of the week to buy airline tickets. You'll definitely overpay if you book during these two days.
- Free VIP tour of the White House – Oval Office and all. Plus... how to get yourself invited to state dinners and celebrations!
- Best way to avoid long lines at theme parks. This neat trick works even during the busy season.
- How competent is your doctor? How to secretly check his credentials... his track record... and more. Very easy to do.
- One in every four Americans is owed money by the government. Here's how to find out if you're one of them – and collect what's rightfully yours.
- The low-down on car rental insurance. When your credit card covers it... and when it doesn't.
- Best way to unclog your ears during an airplane flight. Flight attendants' paper-cup trick.
- Simple trick that makes aspirin work faster.
- Insomnia cures nobody ever told you before. Best type of pillow to sleep on... what colors to paint your bedroom... what you should always keep on your night table.
- Deduct mortgage payments on a home you don't even own! 100% legal... if you do this.

- Socking away money for your kid's college education? Big mistakes. Here's a better way... Junior will go to college, and you'll retire rich.
- How doctors stay well while treating sick people all day. Immunity-boosting secret you can use.
- Give money to your kid and deduct it as a "bad loan." 100% legal – if you do this first.
- How to use an ordinary hairbrush to stop smoking. Doctor swears by this method.
- How to retrieve a letter you mailed by mistake.
- Get \$100-a-night hotel rooms for just \$39. Best-kept secret in the lodging industry.
- What to do if you have a heart attack while on an airplane. Taking one of these with you can save your life!
- How to deposit a check marked "payment in full" without losing your right to collect the rest.
- The little-known connection between bleeding gums and heart diseases. Are you at risk?
- Best way to keep your luggage from being lost by airlines.
- Vitamins you should never take if you have arthritis. Never.
- How to bulletproof your stock portfolio. Easy way to weather corrections without taking your money out of the market.
- Early warning signs of stroke. If you have even one of these symptoms, call 911 immediately!
- The secret to throwing dinner parties people will talk about for months. What to serve... where to seat people... who to invite – and who not to invite.

- What to do if your teenager hangs out with kids you don't like. The most common approach usually backfires. Here's what to do instead.
- How to keep damaging medical information from your insurance company. Simple technique keeps your records private.
- The popular prescription drug that can KILL you if taken with cheese!
- How to avoid waiting at the hospital emergency room. Secret tactic gets you immediate help.
- Fight heart diseases with beer! Here's how.
- Tired? Run down? You may have a salt deficiency. That's right, a deficiency.
- Get rid of pain anywhere in your body... by using nothing more than some PVC pipe and a painter's mitt!

AMERICA'S #1 SCAM-BUSTER

Maverick Publisher Angers Corporations and Bureaucrats by Publishing Their Inside Secrets – and Giving Them To Consumers FREE!

- Most dangerous time of year to be in the hospital. Most mistakes happen during these two months.
- Why you should never answer a ringing pay phone. Latest high-tech scam can cost you thousands – without your knowing it!
- Tricks banks play with interest rates. How they charge you thousands in hidden fees – and what you can do about it.
- All your income has to be reported to the IRS, right? That's what they want you to think but here are the facts... straight from the US tax code.
- Unadvertised fare cuts. How to find out about them and take advantage of them.
- Ginkgo biloba warning. Never take this popular herb if you're also taking this.

- How to get reimbursed for stock market losses! Yes, you can get your broker to give you your money back!
- Joint pain? Just look in your refrigerator fruit bins for one of these... then apply it to your knee or elbow. Amazing!
- The 11 best places to retire in the US. These little-known havens offer great scenery... perfect weather... low crime... and lots to do! Plus, they're very affordable.
- The only way to negotiate the price of a car. Not one person in a thousand knows this trick. And car dealers hope that you never find out.
- How to get your partner to try new things in bed. No pressure, no embarrassment. Clever way revealed by sex therapist.
- What car dealers charge you for twice. You could look at the invoice over and over and never spot it.
- What to do if you have to introduce someone whose name you've forgotten. Plus... 5 other embarrassing situations and how to get out of them.
- Snack at night without gaining weight: 8 great-tasting snacks that fill you up but are low in calories.

FREE! How I turned a simple idea into a \$100 million business...

My simple secret will work for you if you are at the bottom of your company... or at the top... or anywhere in-between.

- How much money could you make if you were handed a dozen winning ideas every week?
- Would you pay \$10 for each one of them?
- I did. To a clerk whose question saved my company hundreds of thousands of dollars on postage every year. More winning ideas on page 55.
- Would you pay \$2 for one of them?

- I did. To a young lady who spotted a way to put \$10,000 back in our pockets in one order with a new vendor. Full details on page 63.
- Would you pay nothing for one of them?
- I did. To a supplier who found how to simplify what he was doing for us, and passed the savings on without even being asked. Full details on page 80.
- Am I taking advantage of these people? Not at all! I'm building their futures, at the same time that I'm building my own.
- These people have made small fortunes in the larger and larger profit sharings – and orders for the supplier. See full details on page 29.
- You are the I-POWER person. You know – from pages 27 to 33 – exactly how easy it is to get other people's ideas bursting forth like fireworks.
- You know – from page 38 – exactly how to get the next higher level of management to pay serious and immediate attention to those ideas.
- You know – from page 131 – exactly how these ideas skyrocket you through the corporate hierarchy.
- The perpetual improvement machine. Page 19.
- 6 words that keep other people's ideas flowing so fast that you literally can't write them down. Page 24.
- Crisis is another name for opportunity, if. Page 71.
- How to recognize fruitful errors, bursting with their own corrections. Page 45.
- How to do things right the first time. Page 76.
- Zero-defect performance, even if you make mistakes. Page 193.
- How to make major changes fast. Page 77.

- At last! A simple solution to the problem of good things that never quite get done. Page 25.
- The “lateness” problem... simply evaporates. Page 83.
- Old machinery is outdated. Spend a fortune for the new. Wrong! Page 213.
- Medical costs plummet. Page 164.
- The absolutely overlooked secret of great business in bad times. Page 11.
- New products made easy. One-word formula. Page 134.
- Money is the second great business motivator. Fear is the third. Here’s the first. Page 46.
- How ordinary workers can out-think \$200,000-a-year management consultants. Page 213.

The Secret of Great Business in Bad Times

Martin Edelston's I-POWER...at your bookstore now

Pick up a copy today – before competition does – and catch up on what your business school never taught you:

- How American I-Power fueled the “Japanese miracle” (we taught them much, much more than Quality Circles)... and why the whole secret is as American as apple pie.
- The great American corporations that pioneered I-Power... Eastman Kodak in the 1890s... General Electric, Westinghouse, Met Life and Parke-David in the early 1900s... Bell Laboratories in the 1920s...
- The forgotten role of I-Power in building the US war machine in the 1940s.
- Why such a simple, powerful American idea got lost in America. How its advocates were overwhelmed when postwar American business switched its emphasis from product excellence to marketing.

- The rediscovery of I-Power today. An inside look at how it works in businesses from Kodak to Anheuser-Busch... and more.
- Power and your company. Small companies who want to be big, see page 85.
- Big companies who want to stay big, see page 187.

FREE

- **What airlines don't want you to know**
- **What banks don't want you to know**
- **What your doctor won't tell you**
- **Best numbers in any lottery**
- **Legal tax deduction for commuting**
- **8 move dangerous cars. 12 safest**
- **TV sets that can explode**
- How to get a refund on a non-refundable airline ticket
- How safe is your pension now? Questions you should be asking at the office and what the answers should be
- What those peel-off IRS labels on your tax return say about you. Can they flag you for audit?
- Beat the low money fund interest rate. Collect from two funds at same time on same spare cash
- Insurance everybody buys but nobody needs
- How to pay your child a tax-deductible allowance

- Circumcision and AIDS. Inside report

FREE For readers of USA WEEKEND

Free 3 issue subscription to Bottom Line... “most valuable magazine ever published”

- Quick look at sticker price plus simple arithmetic reveals minimum figure car dealer will accept
- Bank offers a discount for early repayment of low-interest mortgages. Grab it, right? Wrong
- Cancelled check for fire insurance premium proves you’re covered, right? Wrong
- How to collect interest from two money market funds at same time on same spare cash
- Bills it’s safe to pay late. Unpublicized grace periods
- What surgeons don’t tell you
- Legal way to deduct gambling losses
- Best times of year to look for bargains at auction houses and art galleries
- How to get discounts at stores that say they don’t give any
- Wife deeds assets over to dying husband. This is estate planning at its shrewdest
- How to do everything right. Taxes. Investments. Diet. Health. Managing your finances, your household, your career. Making your money grow and getting the best value when you spend it.

Ecologists and “consumerists”, organic cooks and dieters, with a taste for gourmet meals can now have their cake and eat it – without additives

The New York Times NATURAL FOODS COOKBOOK

- Nearly 700 recipes selected by The Times for their good taste as food – not fad.
- The kind of meals your family likes – but without artificial flavors, colors, softeners, emulsifiers, bleaches, preservatives, chemicals or hydrogenated fats.
- Ingredients easily available no matter where you live.
- Food to serve with pride (and without apologetic pep-talks about its being natural or organic or “good for you”).
- Some of the creative ideas go back to the early Amish and Shakers. Others derive from the traditions of South Seas, Chinese and Jewish cuisine. A very deluxe tzimmes? (See chapter 7).
- How to know what you’re eating – because you control what goes into it
- There are 35 recipes for canapes, appetizers and hor d’oeuvres...
- 45 recipes for making soup from scratch; 15 for fish and seafood, 55 for meats and poultry; 70 for vegetables; 55 for vegetarian entrees (don’t knock them until you’ve tried them as alternatives to the excessive consumption of animal protein); 70 recipes for salads and really fresh salad dressing; 30 recipes for pancakes and pastas with great sauces; 90 recipes for home-baked breads including quick breads; yeast breads and unleavened breads; 140 recipes for desserts that range from a smooth, aristocratic Apricot Mousse to a mind-blowing concoction called Consciousness III.
- Also: Easy recipes for home-made breakfast cereals and baby foods!
- 20 recipes for relishes, preserves and sophisticated sandwich spreads; 20 more for home-made candies.
- You’ll learn the two best ways to make your own yogurt (starting with either existing yogurt or dry Bulgarian cultures) and how to grow your own bean-sprouts, seed-sprouts and grain-sprouts indoors (with 30 recipes for making the most of their flavor, texture and sensational economy).

- NOTE FOR THE ADVENTUROUS: You'll find many ways to enjoy appetizing taste, variety and sound nutrition without ingredients you always considered essential.
- Included are some recipes for good eating – drawn from the experience of some of the most inventive cooks – on vegetarian diets (lacto, ovo-lacto and non-dairy alike), fruitarian diets, macrobiotic diets, even raw diets.
- Nearly 400 pages including lists of natural ingredients, the forms in which you can expect to find them, whether they are grown organically, and some convenient sources – plus an extensive bibliography of books, periodicals and directories dealing with natural and organic foods and basic nutrition.

Now they really pay attention when she talks

It's been that way ever since she discovered *BOTTOM LINE/Personal*, America's inside information magazine.

Thanks to her Free copy of *"How To Do Everything Right,"* for instance...

- ...She learned how to buy items at sale prices – even when they're not on sale.
Page 63
- ...She found a way to beat high interest rates on unpaid credit card balances.
Page 13
- ...She heard about the insurance plan everybody (including herself) has, but beat the ts. Page 63
- ...She discovered a way she and her husband can buy a business with no money down. Page 30
- ...She uncovered the secrets of recognizing a real downward trend in the market, and getting out before issues take a big tumble. Page 27
- ...She learned what health experts caution travelers never to eat on an airplane.
Page 33
- Vital know-how everyone needs in these complex and increasingly tricky times.
Like:

- Two widely used cold remedies that make you sicker if taken together. Page 16
- What banks and brokerage houses would rather you didn't know.
- What car dealers, lawyers, real estate agents and your phone company leave unsaid.
- How credit card companies can start charging interest even before you get a bill. Page 12
- Perfectly legal way to deduct your family's vacation as a business expense. Page 6
- Get reimbursed for past stock market losses. Page 29
- Stop a headache by pressing the right spot on your wrist. It works! Page 17

Ralph Ginzburg Collection:

Fascinations

NOT PORNOGRAPHY

Space limitations prevent us from giving you a lengthy description of the book, but here are a few of the questions you'll find answered in it:

- Can an extramarital affair ever help to keep a marriage going?
- What is the effect of marijuana on sexual pleasure?
- What is a "maxi" orgasm?
- Is there really such a thing as a nymphomaniac?
- What is the effect of powerful sexual excitement on the heart?
- How do homosexuals make love?
- How can overweight be turned to advantage in bed?
- Does female circumcision really help a woman to achieve orgasm?
- What is the method some men employ to prolong intercourse?
- Should pregnancy impose limitations on sexual activity?
- How frequent do most couples have sex?
- What are the scent signals sent out by a woman desiring sex?
- Does "The Sex Diet" work?
- How does male circumcision affect the sexual pleasure of men? Of women?
- Will taking The Pill cause a woman to gain weight?

- What's the maximum number of orgasms a woman can have?
- How long does sexual intercourse normally last?
- What exercises can men and women perform in order to strengthen the muscles that enhance sexual pleasure?
- What is the truth about prostitutes as carriers of VD?
- Is ginseng an aphrodisiac?
- What is a "skimming" orgasm?
- At what age do most people first engage in sexual intercourse?
- How fast do sperm travel?
- What are the dangers of ejaculatory overcontrol?
- What is the "Penile Squeeze Technique" perfect by Drs. Masters and Johnson?
- What indication tells infallibly if a woman has had an orgasm?
- How many sex partners does the average person have in a lifetime?

FREE MONEY

Among the priceless nuggets of information you will pick up from this guide are answers to such questions as:

- How can you qualify for a pension even though you have never worked a day in your life, or contributed a cent in Social Security taxes, or even nearly reached the age of 65?
- How can you arrange to collect Social Security from both Canada and the United States?

- Why, under Social Security, does it often pay for a couple to “live together” rather than get married?
- Why is it crucial to check the balance of your Social Security account periodically, even though almost no one ever does?
- Does it ever pay to take out two Social Security cards?
- What are some colossal goofs of the Social Security Administration and how have they jeopardized individual accounts?
- How can an ex-wife collect the same benefits as if she had remained married?
- Is it true, as some say, that you should “shop” for a pension at different Social Security offices since different interpretations of the regulations can result in pensions of different amounts?
- Since, as studies have shown, two out of three workers overpay their Social Security taxes, how can you check on your payments and possibly obtain a refund?
- When does it pay not to work in order to maximize your Social Security benefits?
- What is the “hobby” that can qualify you to collect Social Security even though you’ve never worked a day in your life?
- Has your Social Security become so valuable that you should, as some people have done already, tattoo your account number somewhere on your body?
- What forms of deception have people employed in order to maximize their Social Security benefits and collect pensions early? What are the penalties for such deception?
- How can a husband collect a pension based on his wife’s earnings?
- What essential documents do most people fail to preserve for presentation when filing a claim?

- What steps, if any, are necessary to protect your pension from attachment by creditors?
- What tragic mistakes are most often made by the self-employed?
- If you're not qualified for a pension by the time you reach 65, what can you do to become qualified?
- How can a parent collect Social Security on a child's earnings?
- When does Social Security cover mental illness?
- How should you alter your investment, savings and insurance plans in light of Social Security's lavish new benefits?
- If you're a woman rearing pension age, how can you file and collect without revealing your age to your husband?
- What government retirement programs are even better than Social Security?
- What step do most pensioners fail to take in order to completely eliminate the possibility of loss or theft of their monthly checks?
- If you're already on Social Security, what, if anything, can you do to increase the size of your monthly payments?
- How can a wife and ex-wife both collect on the basis of the same man's earnings?
- What should you do if, as often happens, you change jobs during a year and both of your employers withhold maximum Social Security taxes?
- What can a widow do to retain her benefits if she wishes to remarry?
- By retiring to which foreign countries can you make Social Security for farthest, and under what circumstances can the government cancel your pension if you choose to live abroad?

- What happens to your pension if an employer deducts Social Security taxes but fails to forward them to Washington for credit to our account?
- What special steps should you take if the firm you work for is financially shaky?
- How do you go about getting one of Social Security's huge "lump sum" payments?

STRENGTH

Of course, the fact that these stocks are doing well now does not ensure that they will do well in the future. But the stock in Stock With Consistent Unbroken Dividend Records For At Least 20 Years are not what Wall Street calls "cats and dogs"; they are mainly "blue chips."

Among them are:

- Thirty-one that have paid cash dividends each and every quarter for 20 to 50 years.
- Thirteen that have paid cash dividends each and every quarter for 50 to 75 years.
- Six that have paid cash dividends each and every quarter for 75 to 100 years – or longer.

DEFEND YOURSELF

The overall style of the book is in formal, so that reading it is a pleasure. It's like chatting with a lawyer who is a member of your own family.

Among the fascinating questions you'll find answered in this book are:

- How can you compel a dealer to take back a care that is a "lemon"?
- Are you permitted to use a gun against a burglar who is unarmed?
- May a husband and wife have intercourse during a legal separation?
- How can you compel a noisy neighbor to shut up?

- In drawing a will, are you permitted to cut off a spouse completely?
- What stratagems work almost invariably in fighting a traffic ticket?
- Are contracts made under the influence of alcohol binding?
- Exactly what is a contract?
- Are you required to support a parent?
- Is it generally better to hire a lawyer on a flat-fee or hourly basis?
- Is a check written in pencil valid?
- To what extent is an owner liable for the actions of his pet?
- Must you make good on a charity pledge?
- Does a husband have the absolute right to determine where a couple shall live?
- When is a restaurateur responsible for his patrons' hats and coats?
- Can a homeowner refuse to sell to a black?
- Does a wife share ownership in property obtained by her husband during their marriage?
- Is a bank liable for thefts from its safe-deposit boxes?
- Can you insure the life of another person without his consent?
- If your child under 21 lies about his age and buys a car, are you responsible for the debt?
- If you find a wallet on the street, must you report it or is it yours to keep?
- How much in money damages is a father entitled to for the seduction of his daughter?

- If your laundry bundle is left outside your door and it is stolen, is the laundry responsible?
- Can you withhold rent if your landlord fails to provide services?
- What advantages does a partnership offer over a corporation?
- Is a marriage invalid if either party falsified his age in the marriage application?
- John, a practical joker, tells Mary that her husband has been killed in an accident. Mary suffers psychological injury. Can she sue John?
- What property cannot be transferred by will?
- In playing golf, you fail to shout "Fore!" and another player is injured. Are you liable?
- If a neighbor helps you sell a house, can he stick you for a broker's commission?
- Can a husband demand relations with his wife whenever he wishes?
- If you lend your car to another and he gets into an accident, are you liable?
- If a credit agency gives you a bad rating, erroneously, what legal steps can you take?
- How long must you keep tax records?
- In a divorce, who keeps the kids?
- What happens if the used car you bought turns out to be stolen?
- What shared methods are there of avoiding probate?
- What are the techniques for outfoxing an insurance adjuster?
- Under what circumstances does it pay to hire a young attorney rather than an experienced one?

- What legal complications can arise from a couple's living together rather than marrying?
- Can a wife insist on a regular allowance?
- Can a lawyer help you obtain a property assessment reduction?
- If you make a major purchase and later regret it, how can you squirm out of it legally?
- May your landlord enter your premises without permissions?
- Where is it easiest to obtain a divorce?
- How often can you change your name?

Billions in Social Security Cash Remains Unclaimed

- How can a divorcee collect on the earnings of an ex-spouse?
- Since it has been shown that different Social Security offices will grant pensions of differing amounts, how can you "shop" and be sure of getting the greatest possible benefits?
- Since, as studies have revealed, millions of workers *OVERPAY* Social Security taxes, how can you check into getting a refund?
- Which essential documents do most people fail to preserve for the time when they file a claim?
- Is your Social Security account now *YOUR SINGLE MOST VALUABLE ASSET* without your even knowing it?
- What forms of deception are used to increase Social Security benefits, and are penalties for such deception severe or lenient?
- How many husbands now collect Social Security based on the earnings of their wives?

- What steps should you take to prevent seizure of a Social Security pension by a creditor?
- What tragic mistake is often made by the self-employed?
- How can a parent collect on the earnings of a child?
- When does *MENTAL* illness qualify you for a pension?
- When does it pay *NOT* to work in order to maximize Social Security benefits?
- If you're already on Social Security, what, if anything, can you do to up the size of your pension?
- If you're reluctant to reveal your age to a spouse, how can you collect but conceal your age?
- What government retirement programs are *EVEN BETTER* than Social Security?
- If you change jobs during a year and both employers withhold maximum Social Security taxes, how can you obtain a refund?
- Which federal program helps retirees find jobs to supplement Social Security income?
- Which landmark legal case won an astonishing \$62 *MILLION* in retroactive payments?
- When can the government *CANCEL* your benefits?
- What's behind Sylvia Porter's statement that "Social Security benefits are now a major source of income for many *STUDENTS*"?

Ted Nicholas Collection:

Fascinations

How to form your own corporation without a lawyer for under \$50.00

Some of the features of the 8 ½ x 11, 30,000 word, 103 page report:

- How you can incorporate without any capital requirements with zero capital.
- The many personal tax benefits of incorporating.
- How a corporation limits the personal liability for the owner(s) of a business, to the investment in the corporation (Except for taxes)
- How to actually form a corporation step by step. Included are instructions on completing the forms.
- How to own and operate a corporation anonymously if desired. This assures maximum privacy.
- How to form a nonprofit corporation. How to utilize tax “gimmicks” to personal advantage.
- Find out why lawyers charge huge fees for incorporating services even when often times they prefer not to.
- Learn how and why you can legally incorporate without the services of a lawyer. There is a fallacy in that most people feel it is necessary to have a lawyer to incorporate.
- How to form an “open” or “close” corporation and the difference between them. Report contains tear out forms.
- Sub Chapter S Corporations. What they are. How to set one up. How to operate a business as a corporation, yet be taxed on individual tax rates if more advantageous.

- Learn about the many dangers and hazards of not incorporating partnerships and proprietorships.
- What a Registered Agent is. How assistance is provided to individuals who incorporate. The most economical company to use. A complete section on this.
- How to cut out all fees of the “middle man” normally involved in forming a corporation.
- How a “professional” can benefit from incorporating.
- How to save from \$300 to over \$1,000 in the formation of the corporation alone!
- What a “foreign” corporation is. A State by State list of the filing fees involved in registering a “foreign” corporation.
- Learn how a corporation can sell its stock to raise capital at any time.
- How a single individual can be President, Secretary, and Treasurer. There is no need to have anyone involved except a single stockholder, although, of course, as many as desired can be included.
- How to arrange for any stock sold to an investor in a corporation to be tax deductible to the investor’s personal income in the event of loss. This makes the sale of stock in a corporation far more attractive to an investor.
- An outline of the many situations where an individual would benefit by incorporating.
- How to legally incorporate and sell stock in a corporation without “registering” the stock.
- What par and no-par value stock is and which is the most practical.
- How an existing, unincorporated business anywhere in the United States can benefit by incorporating. Also included are the steps to take after incorporating.
- The reason why hordes of the corporations listed on the American and New York Stock Exchange incorporate in Delaware – the State most friendly to

corporations – and how you can have the same benefits as the largest corporations in America.

- What to do if you are already incorporated in another state and want to take advantage of incorporating in Delaware, without ever visiting the State.
- Learn why many “side” businesses and investments should be separately incorporated.

“Best Selling Author Reveals Secrets of Making \$1000.00 a Day Publishing Books!”

Nothing could be easier. You can start part time. You can keep your current job. And eventually quit when you start making big money. Or you can start full time.

Here is a small sampling of what you will learn.

Discover how to:

- Write or have prepared for you a saleable book, video, or other information product.
- Setup a low cost corporation of your own and maximize personal and family benefits.
- Determine the profit potential of an information product before any time and money is spent in development, writing, or production.
- Write killer magazine ads for your product.
- Acquire the rights to any product with a track record of success.
- License the valuable rights you own to others at a huge profit.
- Prepare a sales letter for your product that is so powerful it’s almost irresistible.
- Learn ad copywriting, the highest paid form of writing in the world. (I charge \$15,000 + 5% of sales for an ad and have waiting lists of clients. I will share all my secrets with you so you can do the same.)

- Price your product for maximum returns.
- Manufacture your product at low cost. I provide a complete list of resources.
- Raise all the capital you need.
- Protect yourself legally.
- Copyright and trademark all your materials simply and easily.
- How to get orders processed on a 24-hour, toll-free number.
- Write powerful headlines, which are 90% of the task of writing a successful ad.
- Reduce your advertising costs by up to 80% by learning the secrets of buying ads at low cost in national publications.
- Completely avoid vanity and subsidy publishers, which often take your money without giving value.
- Use bookstores, libraries, and other retail stores as profitable sales outlets.
- Get started for as little as \$600.

Free Seminar!

LEARN THE SECRETS OF HOW TO:

- Apply 10 simple tips to instantly increase sales regardless of your business (most require little or no money!).
- Become a mail order millionaire.
- Find sources of hot, profitable products to sell from around the world.
- Profit from a single successful ad which is even better than winning the lottery!
- Start with little or no capital. (Ted was flat broke when he started with a \$90 classified ad. And, he'll show you the ad!).

- Raise all the money you need.
- Use magic words that bring you riches.
- Choose words in advertising that draw sales as if by magic. You will get Ted's 27 most effective selling words based on his investment of \$100,000,00 of his own money.
- An easy way to double sales from your ads by adding just two powerful words.
- Use tiny classified ads to earn a fortune.
- Discover the most profitable business to go into right now and the most ideal business for you.
- Test market small without big bucks – then roll out big once you have a winner.
- Choose the best business form for you – partnership, proprietorship, "S" or "C" corporation?
- Run a multi-million dollar business without employees right from your home if you like.
- Use powerful tax loopholes available to entrepreneurs to legally avoid taxes.
- Employ today's best low cost/no cost marketing strategies.
- Use Ted's 5-point success formula that never fails.
- Price products for maximum profit. What ending number in your pricing results in highest sales? Hint: it's not 5 or 9.

Catapult Your Business Success in 1995!

A Few Seminar Highlights:

- How to get a viable business idea every 60 seconds. Yes! It will be proven to you!

- How to start from scratch and become a millionaire in 30 years or less.
- How to pay up to 80% less for your advertising while you get more sales.
- The 7 most costly marketing mistakes. How many are you making right now?
- Why it's not so crazy that a college dropout would make this much money.
- How to profit from the hottest new media – electronic bulletin boards.
- The most ideal business in the world – for you.
- How to create a profitable advertisement.
- How to use today's best low-cost/no-cost marketing secrets.
- How to raise all the money you'll ever need.

Key Benefits of Attendance:

- How to improve marketing – the biggest key to your success.
- How to get more customers and keep them for life.
- The crucial importance of knowing your customers' lifetime value.
- How to make \$250,000 a year working at home in your underwear!
- Grab attention in your ads by learning the secrets of writing powerful headlines.
- Apply 5 secret words to work in your life which assume success and make failure impossible!
- 7 compelling subheadlines (the actual words) that will make your ads more powerful.
- 5 magic phrases, word for word, to place on your envelopes that almost guarantee your sales letter will be opened.

- Raise all the money you need yet limit your financial risk.
- Determine which new products have the highest probability of success.
- Acquire the rights to a hot existing product with a track record of success for as little as \$250 (if you don't already have a product of your own) just by saying the right words.
- Create direct mail and direct response advertising with the highest probability of success.
- Select the right media in which to advertise among magazines, newspapers, catalogs, radio, T.V., card decks or the hottest new media – electronic bulletin boards!
- Unleash the power of today's best low-cost/no-cost marketing strategies.
- Secrets of pricing products for maximum profit.
- Prepare the ideas sales letter for your product that is almost irresistible.
- Learn the art of testing – the real key to marketing success.
- Become exposed to the 27 most effective words in your ads to sell your product. (This list, proven by tests, will both surprise you and earn you a great deal of money!)
- Get up to 80% discount when you purchase magazine and newspaper ads by knowing the magic negotiating words – exactly what to say! (This session alone could be worth hundreds of thousands of dollars to you.)
- Legally protect your products, ads and sales letters at no cost. Prevent others from cashing in on your success.
- Get free publicity in newspapers and on radio and T.V.
- Determine the most ideal business in the world for you.

- Run small classified ads and build a mail order business, perhaps the ideal retirement activity.
- Opportunities and pitfalls when marketing on the Internet, Compuserve and other electronic bulletin boards.

Victor Schwab Collection:

Fascinations

HOW TO WIN FRIENDS AND INFLUENCE PEOPLE

This is a big book of thirty-seven chapters, including:

- The Big Secret of Dealing with People
- Six Ways to Make People Like You Instantly
- An Easy Way to Become a Good Conversationalist
- A Simple Way to Make a Good First Impression
- How to Interest People
- Twelve Ways to Win People to Your Way of Thinking
- A Sure Way of Making Enemies – and How to Avoid It
- The Safety Valve in Handling Complaints
- How to Get Cooperation
- A Formula that Will Work Wonders for You
- The Movies Do It. Radio Does it. Why Don't You Do It?
- Nine Ways to Change People Without Giving Offence or Arousing Resentment
- How to Criticize – and Not be Hated for It
- How to Spur Men on to Success
- Making People Glad to Do What You Want

- Letters That Produced Miraculous Results
- Seven Rules for Making Your Home-Life Happier

“How I raise myself from a failure at 29 to become a \$250 per day success!”

Remember, this is the same information Mr. Bettger is paid \$250 a day to teach other men. But let’s take a look at some of the success secrets you’ll find in this great book:

- How One Idea Multiplied My Income And Happiness.
- This Idea Put Me Back Into Selling After I Had Quit.
- The Biggest Lessons I Ever Learned About Creating Confidence
- One Thing I Did That Helped Me Destroy The Biggest Enemy I Ever Had To Face
- The Only Way I Could Get Myself Organized
- How I Learned To Find The Most Important Reason Why A Men Should Buy
- How To Get Kicked Out!
- I Was Welcome Everywhere When I Did This
- An Idea That Helped Me Get Into The “Major Leagues.”
- The Biggest Reason Why Salesmen Lose Business
- A \$250,000 Sales In 15 Minutes
- The Most Important Word I Have Found In Selling.
- How I Find The Hidden Objective.
- The Secret Of Making Appointments.
- This Interview Taught Me How To Overcome My Fear Of Approaching Big Men.

- How I Learned To Outsmart Secretaries And Switchboard Operators.
- How To Let The Customer Help You Make The Sale.
- Seven Rules I Use In Closing The Sale.