

VI REMEMBER HUMAN NATURE

In his compelling discourse, the author invites readers on an intriguing journey, one that seemingly borders on the miraculous, yet remains rooted in the tangible. He proposes a challenge that, while might appear modest at first glance—dedicating merely over an hour each day to mental cultivation—boasts the potential to profoundly rejuvenate and enrich the entirety of one's life. Drawing a parallel to the universally accepted benefits of a mere twenty minutes of daily physical exercise, the author questions why the idea of nurturing the mind with a similar investment of time should be met with astonishment. This mental exercise, according to him, is not just a paltry task but a significant endeavor, capable of enhancing even the most mundane aspects of daily life with renewed zest and interest.

The author is keenly aware that carving out seven and a half hours per week from one's schedule is no small feat, acknowledging that it requires a deliberate shift in habits—an undertaking notorious for its difficulty. The old adage that habits die hard rings true, emphasizing the inevitability of discomfort and sacrifice that accompanies any change, even one for the better. He stresses the importance of a gradual approach to this life-enhancing practice, advocating for a modest beginning to safeguard one's self-respect. This initial phase is crucial, for self-respect forms the bedrock of purposefulness, and a misstep in a well-intentioned plan can severely tarnish it.

With a tone of encouragement, the author advises readers to commence their journey with a low-key, unpretentious effort, underlining the significance of voluntary commitment and adaptation to a new way of living. It's a call to arms, not to revolutionize one's life overnight, but to patiently cultivate it, allowing the seeds of this mental exercise to blossom over time. After dedicating three months to this practice for just over an hour a day, one may then proceed to broaden their ambitions, armed

with the confidence in their capability to achieve remarkable personal growth. The essence of the chapter is a profound reminder of the transformative power of dedicating time to oneself, a call to action that resonates with the importance of nurturing the mind alongside the body.

