Mental Efficiency
Arnold Bennett

Mental Efficiency and Other Hints to Men and Women

In this light−hearted yet thought−provoking collection of articles, Bennett offers his thoughts on exercising your mind, organising your life, marriage, books and happiness, and other pocket philosophies.

The book stands the test of time, and much is still relevant and amusing −−− perhaps even more so, with nearly 100 years of hindsight, than when it was originally written.

The book "X" to which Bennett refers in Chapter 5, it is An Essay on the Principle of Population by Thomas Malthus, of which there is also a Librivox recording. (Summary by Ruth Golding)

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