



Maxims of Thought

Richard Downing

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We are constantly being told "What to Think", but seldom "How to Think." Maxims of Thought attempts to illustrate some of history's greatest (and least understood) thoughts, and how they apply to today's ongoing search for inner peace. As every age of history has passed, the great minds of that age have recorded clues as to the mastery of thought. These have been all but forgotten lessons we can employ in our day to day lives as we attempt to progress from mediocrity to excellence. Here, Downing has not only assembled some of the most important thoughts ever recorded, he has also broken them down as they relate to contemporary theories on personal growth. Really, this is a modern day "How to Think" guide using lessons dating from 600BC to present.

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