

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"?

If you're "guilty" of even one—you can turn the tables on tensions and anxieties with the help of this extraordinary new book

Laura Huxley, the author, is one of the most remarkable women of our time. Writer, musician, wife of world-famous Aldous Huxley, she is renowned as a dramatically successful therapist.

Her life-long crusade to increase human happiness and creativity has taken her to virtually every major civilization and culture of the world.

From a Lifetime of Discovery—Potent Secrets For You

Laura Huxley has mastered the Buddhist secrets of tranquility. She has applied the healing power in the words of the Bible. She has identified and traced the life-giving principles that lead from the sages and philosophers of the ages to the psychotherapeutic advances of our own scientific tradition.

Through her extensive research and experimentation she has helped hundreds who have come to her for help and counsel. She has worked with equal enthusiasm and success in the mansions of millionaires and in the wards of hospitals. (One of her most gratifying triumphs occurred at a famous U.S. psychiatric clinic.) But in her own words, "My greatest satisfaction has always come from showing perfectly normal people how to make their lives richer than they ever dreamed possible."

And now in **YOU ARE NOT THE TARGET**, she reveals to you the essence of the exciting program which has made her such a sought-after counselor.

Why You'll Love Every Minute of Laura Huxley's Revolutionary Program

- It's completely private. You can do all of it all by yourself.
- It's fun . . . exciting, exotic downright unconventional. (Who ever heard of "smacking a Tether Ball"? But try it and you'll reap a harvest of relaxation that will brighten all your activities.)
- It costs nothing.
- It will strengthen and beautify your body—effortlessly. (Even as it gives you new happiness and peace of mind.)
- It begins to work immediately—the very moment you read Page One.

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.)
- "Bubble 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 vanquish the ghosts in your life.

- How to deal with pain.
- Something you can do anywhere, anytime—to help stop wrinkles.
- The fantastic value of silence.
- Delicious, natural substitutes for chemical tranquilizers.
- **SPECIAL FOR YOUR CHILD**—Some commonsense 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 health 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



Laura Huxley

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 slug-gessing 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 anesthetist in the operating room.

- How to delve into your sub-conscious—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!*
- Can you imagine how rich your life would be if you were freed of your heaviest emotional burdens? You don't have to imagine it. This book will show you how to live it.

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Gentlemen: Yes, I want to try a copy of the remarkable new book **YOU ARE NOT THE TARGET**—entirely at your risk. I am enclosing the low introductory price of only \$4.98 complete. I will use this book for a full ten days at your risk. If I am not completely delighted . . . if this book does not do everything you say, I will simply return it for every cent of my money back.

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