

The Search for the Immortality Pill

By TAYLOR CALDWELL

Author of "No One Hears But Him," "The Late Clara Beame," "Prologue to Love," and "Dear and Glorious Physician"



In the moonlight, Irene saw his face—young, happy, filled with love. "John?" she whispered.

WITH a great deal of amusement, *Pravda*, the largest newspaper in Russia, published a letter from a 16-year-old Moscow girl named Svetlana.

The girl wrote: "I think the world is stupidly conceived! We study all our lives, and then when we have learned and learned more and have worked and are still capable of working - we die! It all ends in the grave. Our scientists should strive for an immortality pill so that all we have learned is not lost."

Even the most indifferent of us must feel some anguish for the despair of that girl. She had been deprived of things which are spiritual and in consequence had come to realize that her whole life was without meaning—unless a way was found to give her immortality.

She must have realized, that poor child, that absolute death negates every human value and every human striving and that if the grave is truly the end for us it would have been better if we never had been born.

Youth is very short; it ends at 26, at the very latest. If one must plod on thereafter doing the same thing over and over in order to survive, then life takes on the aspect of a nightmare without hope. Inevitably, and much sooner than we realize, we are old, and unless we have a strong spiritual faith, we suffer even greater despair than little Svetlana of Moscow.

For what have we lived? How can we reconcile ourselves to lying in the earth forever while the stars wheel and the suns come and go and the nations rise and fall—and there is life a few feet above our bones but no life in our hearts and no memory?

The few years we live (and how short they are, though the very young do not know it!) are not worth the living for so little time to love and see the light and to accomplish. We are only May flies who are born in the morning, dance a short time in the sun, and then die at sunset.

Are we of the human race only that? Little Svetlana has been taught so, and millions of our own American youth, too.

A friend of mine, who will be

AT LAST! INSTANT RELAXATION!

Now! A noted psychological researcher shows you how to PUT YOURSELF COMPLETELY AT EASE—in seconds, with simple self suggestion — EVEN IN THE MOST NERVE-WRACKING SITUATIONS YOU FACE EVERYDAY.

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 risk (and a penny).

And this is still just the beginning—

Are you one of those people who frets and procrastinates about spending money for fear of 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 poise because they "check 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 232—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 out 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 on a 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 a new technique 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 — of letting vital decisions *hail* 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 worth 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 nerves 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 *meltdowns* you say *don't come you got them* 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



ABOUT THE AUTHOR

In addition to his doctorate, M. W. Sullivan has two master's degrees and two bachelor's degrees. He has taught at the Choate School, the University of Puerto Rico, the University of Madrid, Yale University, Marquette University, and Hollins College.

Dr. Sullivan was one of the principal investigators for a Carnegie Corporation grant in automated teaching

media. He has also directed two institutes under the National Defense Education Act.

The author of three books, seven programmed courses and numerous other publications, Dr. Sullivan is now president of a research organization devoted to the preparation of programmed materials.

—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—with out 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!

Read it from cover to cover without risking a penny!

The name of this revolutionary new book is FROM TENSION TO RELAXATION. Its cost is only \$5.98 complete—far less than other books that do not

do its work nearly as well. Its author is the noted psychologist, Dr. M. W. Sullivan, whose biography is presented elsewhere on this page.

Dr. Sullivan has created a book completely unlike any other book you have ever read before. A book in which YOU LIVE OUT actual tension producing situations on the printed page — and then learn, in that very instant, how a few simple changes in your way of handling these situations can drain the tension right out of them! Put you in complete control!

You do not read this book—you live it! It incorporates the amazing PROGRAMMED LEARNING techniques that have been used by the United States Armed Forces, by every large corporation in America, by colleges and universities all over the world — to cut learning time in half... to make memorizing automatic... to change habits that you would have never believed could be changed before!

You have never read another book like it. It is yours to read from cover to cover—without risking a penny. Send in the No Risk Order Blank—today.

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