



A QUEST BOOK

# how to tap your hidden sources of energy

**Elmer Wheeler**

USE THESE EXCITING NEW METHODS TO GET RID OF FATIGUE—START A POWERFUL RIVER OF TINGLING NEW ENERGY FLOWING THROUGH YOUR BODY—BY TAPPING THESE HIDDEN, LITTLE-KNOWN INNER SOURCES OF ENERGY. Discover the exciting Secret Reservoir of Hidden Strength that is inside you, waiting to be used this very moment.

**YOUR SECRET RESERVOIR OF INNER  
STRENGTH**

**WHAT THESE HIDDEN SOURCES OF ENERGY  
ARE**

**HOW TO TAP THIS ENERGY SUPPLY OF  
DYNAMIC, INEXHAUSTIBLE POWER**

**HOW TO START A STEADY "FLOW" OF FORCE  
THROUGH YOUR WHOLE BODY**

**HOW TO WASH YOUR BODY CLEAN OF THE  
ASH OF FATIGUE**

**HOW NEVER TO BE TIRED AGAIN**

5 = 25

# How to Tap Your Hidden Sources of *Energy*

Elmer Wheeler

Author • **THE FAT BOY'S BOOK**

**HORWITZ-INTERNATIONAL INC.**

# Table of Contents

## CHAPTER 1

### Some Basic Rules to Help You Uncover Your Hidden Energy

What's the Explanation?	11	How to Lower Tension	
12 There's No "Tired Bug"	13	Do This for More	
Energy 14 Can Pep Reproduce Pep?	14	It's	
Your Attitude 15 Laziness Breeds Lassitude	16		
How Not to Age 17 Your "Best Years"	17	Six	
First Rules for Energy 18		CHAPTER SUCCESS STORY	20
CHAPTER THOUGHT 21		The big secret to get others to	
do the talking so you can conserve energy	22		

## CHAPTER 2

### Enthusiasm: The Energy Secret Doctors Prescribe

The Big Energy Secret 24	What is Enthusiasm?	24
Radiate Enthusiasm 25	Enthusiasm is Catching	26
Sausages and Enthusiasm 26	The Story of Dick Kelly	
27 How to Catch a Cat 27	"How to Sell" Enth-	
usiasm 28	A Day in Mexico 29	Rule: Enjoy What
You Do 30	Don't Be Overly-Content 30	CHAPTER
SUCCESS STORY 32	CHAPTER THOUGHT 32	Build up
enthusiasm and tap your pep	33	

## CHAPTER 3

### How to Conserve Energy by Doing Things Right the First Time

The Art in Proper Planning 35	What "Motion En-	
gineers" Say 36	Steps Saved—Save You 37	Follow
a Set Pattern 37	The Time Waster 38	The Trick

to Use 39    Make Your Energy Stretch 39    What  
Wastes Energy 41    Decisions, Decisions, Decisions 41  
Another Good Method 42    Tricks of the Trade 43  
CHAPTER SUCCESS STORY 44    CHAPTER THOUGHT 45  
Six energy-saving rules 46

#### CHAPTER 4

### How You Can Banish Emotional Fatigue and Compound Your Energy

Had Enough? 49    The Two Forms of Fatigue 49  
Meet Killer Fatigue 51    This is Emotional Fatigue—  
EF 52    Is There a Positive Cure? 52    Two Plimsoll  
Markers 53    Can Pills Cure You? 54    One Sure Cure  
is a Sense of Humor 54    The Rule of 4 C's 55    3  
Steps to Energy 55    CHAPTER SUCCESS STORY 56  
CHAPTER THOUGHT 57    8 tricks to save your strength  
58    10 ways to avoid emotional fatigue 59

#### CHAPTER 5

### How an Inferiority Complex Saps Your Energy— and What You Can Do About It

Fear Causes Energy Loss 61    The Bull Fighter's Story  
62    The Arthur Murray Story 63    Six Good Shyness  
Tests 64    Who Are Extroverts? 64    Fear is to be  
Feared 65    We Are All Ignoramuses 66    4 Success  
Steps 67    CHAPTER SUCCESS STORY 69    CHAPTER  
THOUGHT 69    9 ways to overcome an inferiority complex  
and gain energy 70

#### CHAPTER 6

### One Sure Way to Boost Energy: Become Impractical—Do Something Off-Beat

Give Your Nerves a Break 73    Spend Your Heirs'

This amazing book helps you find and draw upon your body's natural sources of strength and vigor, banish tension, eliminate fatigue and find sparkling new supplies of zest and energy ready when you need them. If stress is depleting your energy supplies—if fatigue and exhaustion are robbing you of pep—here is the key to a fresh, new adventure in living!

## Look...

1. Some Basic Rules to Help You Uncover Your Hidden Energy
2. Enthusiasm: The Energy Secret Doctors Prescribe
3. How to Conserve Energy by Doing Things Right the First Time
4. How You Can Banish Emotional Fatigue and Compound Your Energy
5. How an Inferiority Complex Saps Your Energy—and What You Can Do About It
6. One Sure Way to Boost Your Energy
7. The Secret Ways to Prolong Energy and Compound Your Pep, Vim, and Vigor
8. Don't Let Phobias Rob You of Your Energy
9. How to Generate Self-Confidence and How This Will Generate Energy
10. Use These Ways to Avoid "Guilt Feelings" That Sap Your Energy
11. Your Attitude on Sex Can Raise or Lower Your Energy
12. What to Eat to Produce More Energy
13. Vitamins and Minerals to Keep You on the Go
14. What Is on Your Mind Gives or Robs You of Energy
15. Burning Energy to Get Energy
16. Posture Conserves Energy and Make It Work for You
17. The Ancient Oriental Way to Energetic Life
18. You Can Stay Energetic Despite Your Age
19. How to Get Your "Second Wind"
20. There's No Age Limit to Remaining Youthful
21. How Not to Retire at 65 and Have Energy to Go on, on, on



**ELMER WHEELER** is a dynamic powerhouse of energy—and he needs it! Not only is he widely-known as America's #1 Saleman, but he has carved out a world reputation for himself as Author, Diet Expert, International Traveler, Business Man, and Public Speaker.

Written up twice by *Reader's Digest*, as well as by *Time*, *Fortune*, *The New Yorker*, and 30 other world publications, he has made TV appearances with Jack Paar, Groucho Marx, and Art Linkletter.

His 30 books have gone through as many as 15 printings, and have been published in 13 foreign languages!