

Mental Efficiency

Arnold Bennett

Read by: Ruth Golding
Dedicated Proof-Listener: Brenda Price
Meta-Coordinator/Cataloging: Ruth Golding

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- 2 – Expressing One's Individuality – 00:10:05
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- 4 – Settling Down in Life – 00:12:07
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home page: <http://www.aczoom.com/tools/cdinsert/>

Instructions:

1. Cut out the cover insert, on page 1, around the outer perimeter. Do not cut along the center.
2. Fold the cover insert in half, with the text on the outside.
3. Insert the cover insert in the CD case cover.
4. Cut out the tray insert, on page 2, around the outer perimeter.
5. The right-most long narrow title "tab", on the tray insert, is for CD case with a transparent tray. Remove this "tab" if the CD case has an opaque tray.
6. Fold the left and right long narrow title "tabs" to a 90 degree angle, away from the main tray cover portion. If the right-most "tab" is retained for a transparent tray, fold that "tab" 90 degrees again, away from the title "tab" next to it. The text should appear around the exterior of the folded cover, not the interior.
7. Remove the tray from the case.
8. Place the tray insert in the case.
9. Insert the tray, being careful that the title tabs are flat against the case.
10. Please appropriately discard this portion and the scrap bits of paper.

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Mental Efficiency

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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)

Source.....: LibriVox, <http://www.librivox.org>

Author.....: Arnold Bennett

Run Time: 2:50:44

Chapters.: 9

Files:

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