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Title(s): Why be tired? By Daniel W. Josselyn. Country of Publication: United States
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translated from the Greek):
“a helmsman who steers his
ship to port.” Psycho-
Cybernetics is a term coined
by Dr. Maxwell Maltz, which**

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means, “steering your mind to a productive, useful goal so you can reach the greatest port in the world, peace of mind.”

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If I am tired, it is not because of the mental work I have done but because of the way I have done it.” “I measure my accomplishments,” says Daniel W. Josselyn, “not by how tired I am at the end of

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the day, but how tired I am not.” He says, “When I feel particularly tired at the end of the day, or when irritability proves that my ...

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frequent rests, balanced diet,
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observed: "Rest is not a
matter of doing absolutely**

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**nothing. Rest is repair.”
There is so much repair power
in a short period of rest that
even a five-minute nap will
help to forestall fatigue. So
do what the Army does—take
frequent rest. Do what your
heart does—rest before you**

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