



# Health through New Thought and Fasting (1907)

*Wallace D. Wattles*

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## **Health through New Thought and Fasting (1907)** Wallace D. Wattles

Wallace Delois Wattles (1860–1911) was an American author. A New Thought writer, he remains personally somewhat obscure, but his writing has been widely quoted and remains in print in the New Thought and self-help movements. Wattles' best known work is a 1903 book called *The Science of Getting Rich* in which he explained how to become wealthy.

Through his personal study and experimentation Wattles claimed to have discovered the truth of New Thought principles and put them into practice in his own life. He also advocated the then-popular health theories of "The Great Masticator" Horace Fletcher as well as the "No-Breakfast Plan" of Edward Hooker Dewey, which he claimed to have applied to his own life. He wrote books outlining these principles and practices, giving them titles that described their content, such as *Health Through New Thought and Fasting* and *The Science of Being Great*. His daughter Florence recalled that "he lived every page" of his books.

A practical author, Wattles encouraged his readers to test his theories on themselves rather than take his word as an authority, and he claimed to have tested his methods on himself and others before publishing them.

Wattles practiced the technique of creative visualization. In his daughter Florence's words, he "formed a mental picture" or visual image, and then "worked toward the realization of this vision":

He wrote almost constantly. It was then that he formed his mental picture. He saw himself as a successful writer, a personality of power, an advancing man, and he began to work toward the realization of this vision. He lived every page... His life was truly the powerful life.

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