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**AN INTRODUCTION TO
INDIVIDUAL PSYCHOLOGY**



LONDON AGENTS
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An Introduction to Individual Psychology

*A Practical Study of the Nature
and Sources of Mental Energy*

by

ALICE RAVEN

Author of "Motive Forces of the Mind," etc.

La nature est juste envers les hommes :
elle les recompense de leurs peines.

—*Montesquieu*

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Dr. S. M. SLOAN,
Psycho-Analyst

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Preface

THE title of this book originated from the suggestion of a friend, who expressed to me the wish that there were more sources available for the study of "Individual Psychology," as opposed to the type of "Social Psychology" usually taught at college.

In this book I have attempted to analyse the human mind from the dynamic standpoint. I have shown what are the sources of human energy and indicated how it is possible for that energy to be liberated to the fullest extent. I have also examined those processes of the mind by which human energy becomes tied up and rendered unavailable for the constructive purposes of life or the achievement of success.

As a background to other psychological conception and theories, I have, moreover, tried to keep before the mind of the reader the idea of a positive and courageous attitude towards life. Both the possibility and the necessity of such an attitude are deduced from a scientific study of the human mind. Further, it is only through a psychological reading of the powers of the mind and of the course of evolution in the past that success and progress can be assured for individuals and for society (which is composed of individuals) in the future.

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