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# PERSONAL PSYCHOLOGY

A ~~PRACTICAL GUIDE TO SELF-~~  
KNOWLEDGE, SELF-DEVELOPMENT,  
AND SELF-EXPRESSION

BY

MORLEY DAINOW, B.Sc. (Hons.) Lond.

UTHOR OF "SELF-ORGANIZATION FOR BUSINESS MEN"  
AND OTHER WORKS ON PSYCHOLOGY



*SECOND EDITION*

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TO THE MEMORY  
OF MY OLD MASTER AND FRIEND  
SIR JOHN ADAMS

*(Professor of Education in the University of London 1902-22)*



# PREFACE

## TO THE SECOND EDITION

THE demand for a second large edition of this book within three months of publication is decidedly encouraging. I sincerely thank the Press, eminent psychologists, the public, and countless former students for their cordial reception of my attempt to make psychology personal, clear, and practical.

Preparing the second edition has enabled me to correct a few errors that crept into the first edition.

MORLEY DAINOW.

UNIVERSITY OF LONDON CLUB,  
LONDON, W.C.1.  
1936.

## PREFACE

### TO THE FIRST EDITION

THIS book is written for the layman. It is written in answer to a great many requests received by the publishers and the author for further information of a general and helpful nature on the psychology of the individual. The book has been so arranged as to be a help to any reader desiring self-development. It offers no easy road for this purpose but attempts to present clear knowledge and sound methods based on the findings of modern psychology and the author's wide and varied experience.

Questions have been placed at the end of each chapter. Readers, by attempting to answer them, will be helped to gain fuller assistance in self-development.

I express my cordial and deep thanks to the undermentioned friends for kindly reading the book in proof and for contributing most valuable suggestions: F. S. Hayburn, Esq.; Louis H. Lindars, Esq., F.I.B.; Alfred Lees, Esq.; A. S. Andrews, Esq., and my cousin, Samuel H. Dainow, Esq., B.A.

MORLEY DAINOW.

UNIVERSITY OF LONDON CLUB,  
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1935.

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