

## Book overview

### Claude M. Bristol - T.N.T. - It Rocks the Earth | Unlock Personal Power

"T.N.T. - It Rocks the Earth" is a self-help book by Claude M. Bristol published in 1954 that advocates for the use of **positive thinking** and **mental visualization** to achieve success, happiness, and fulfilment. Bristol argues that **repetition and reiteration of desired outcomes**, what he calls "tap, tap, tap," can be a powerful tool for influencing the subconscious mind, thus unlocking a person's potential. He asserts that by **eliminating negative thoughts, embracing a belief in oneself, and adopting a positive and determined mindset**, individuals can achieve any goal they set for themselves. Through vivid examples and anecdotes, Bristol presents a practical and relatable approach to achieving success, highlighting the power of believing in oneself and the ability to overcome challenges through positive mental energy.

#### Main Theme

This self-help book centres on the idea that success, happiness, and fulfilment can be achieved by tapping into the power of the subconscious mind through belief, visualization, and positive thinking. Bristol argues that this "T.N.T." is a universal force accessible to everyone, and its effective utilization requires understanding its principles and diligently applying them.

#### Most Important Ideas and Facts

- **The Power of Belief:** Bristol repeatedly emphasizes the phrase "If you believe it, it's so," echoing the biblical verse, "As a man thinketh in his heart, so is he." This highlights the central premise that believing in your desires and goals is crucial for their manifestation.
- **Visualization and Repetition:** Bristol advocates creating a clear mental picture of your desired outcome and constantly reinforcing it through visualization and repetition. Writing down your wishes on cards and frequently reviewing them is one recommended technique, along with utilizing mirrors for self-affirmation.

- **Tapping into the Subconscious:** The author introduces a "tap, tap, tap" system, symbolizing the persistent reinforcement of desired thoughts and images onto the subconscious mind. This constant reiteration is likened to a pneumatic chisel breaking through concrete, highlighting the power of consistent effort.
- **Harnessing Hunches and Inspiration:** Bristol encourages readers to pay attention to hunches and inspirations, viewing them as messages from the subconscious mind guiding them towards their goals. He emphasizes the importance of acting on these intuitions without hesitation.
- **The Importance of Personality:** Bristol emphasizes the role of personality in achieving success. He advocates cultivating a positive, confident, and enthusiastic demeanour, projecting an aura of success that influences others and attracts opportunities.
- **Service and the Law of Attraction:** While advocating for self-belief and ambition, Bristol also stresses the importance of service to others. He argues that good deeds and helpfulness create positive energy, attracting success and abundance through the law of attraction.
- **Examples of Successful Individuals:** Bristol cites numerous historical and contemporary figures who, he believes, achieved greatness by harnessing this inner power. Examples include Gandhi, Mussolini, Edison, and Shakespeare, demonstrating the diverse applicability of his principles.

### **Overall Impression**

Bristol's "T.N.T." presents a motivational message emphasizing personal empowerment through the conscious utilization of subconscious power. The book utilizes a combination of religious and spiritual concepts, psychological principles, and anecdotal evidence to support its central theme. While some aspects might appear overly simplistic or lacking scientific grounding, the core message of believing in oneself, setting clear goals, and persistently pursuing them resonates with many self-help philosophies. The book's engaging style and use of relatable examples make its concepts accessible to a wide audience.

### **Quotes from the book**

"If you believe it, it's so."

"As a man thinketh in his heart — so is he."

"He who knows how to plant, shall not have his plant uprooted; He who knows how to hold a thing, shall not have it taken away." - Lao Tzu

"Look within. Within is the fountain of good, and it will ever bubble up, if thou wilt ever dig." - Ancient Saying

"Every day, in every way, I am getting better and better." - Dr. Emil Coue

"The fault, dear Brutus, is not in our stars, but in Ourselves that we are underlings." - William Shakespeare

"I am the master of my fate; I am the captain of my soul." — Henley

### **Glossary of Key Terms**

**T.N.T.:** Bristol's metaphor for the powerful force of belief and focused thought that can "rock the earth" and bring about desired outcomes.

**Subconscious Mind:** The part of the mind that operates below the level of conscious awareness, believed by Bristol to be a powerful source of creativity and intuition that can be accessed through thought repetition and visualization.

**Reiteration/Repetition:** The act of repeating a thought, belief, or desire consistently to impress it upon the subconscious mind and enhance its power.

**Power of Suggestion:** The influence of external stimuli, particularly repeated messages or ideas, on an individual's thoughts, beliefs, and behaviours.

**Visualization:** The act of creating a clear mental picture of a desired outcome, strengthening belief and motivation.

**Hunches/Inspirations:** Intuitive insights or ideas believed to originate from the subconscious mind, providing guidance and direction toward achieving goals.

**Personality:** A dynamic and magnetic quality that Bristol associates with individuals who confidently express their beliefs and pursue their ambitions with intensity.

**Shifting Gears:** Bristol's analogy for moving away from negativity and fear ("reverse gear") and embracing positive thoughts and actions ("high gear") to achieve success and happiness.

**Selling Yourself:** Presenting oneself with confidence and conviction, embodying one's beliefs and goals to influence others and achieve desired outcomes.

**Service:** Bristol's emphasis on the importance of helping others and contributing to their well-being while pursuing personal goals, fostering a positive cycle of reciprocity and personal fulfilment.