



**How to Analyze People on Sight**

*Elsie Lincoln Benedict (1885 – 1970) & Ralph Payne Benedict*

Read by:	Multiple readers	Format:	MP3 CD in DVD case
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The early 20th century was a period of intense growth and transformation, not least in the thinking about fundamental human attributes and activities. Analysis and science seemed to be the obvious secret to economic progress, which was felt to be the key to overall well-being. *How to Analyze People on Sight*, published in 1921, was very much a product of that time. The well-educated Benedicts brought the language of science and discipline of categorization to bear on human appearance, developing a system where five basic body types were used to define corresponding emotional and behavior patterns. The first chapter outlines the premises of Human Analysis. The next five discuss the profiles – Alimентive, Thoracic, Muscular, Osseous, and Cerebral – often to be found in blended combinations with vari-

ous degrees of influence. The remaining chapters discuss the types that should and should not marry one another and the best vocations for each type. The underlying premise is that the biology drives destiny, and with knowledge in hand, one can make better informed decisions about oneself and others. While it takes the subject matter seriously, it is done so with a light touch that allows for humor. The book has remained popular over the years, and continues to be one of the most downloaded ebooks in the public domain. Contemporary readers range widely in their response to the work. Most acknowledge that it is not really scientific as we know it today, and that it suffers by limiting its analysis largely to Caucasian peoples. Some find it biased and lacking in evidence, but many find it useful and insightful.

**Elsie Lincoln Benedict** (1885 – 1970) was a speaker and author who found recognition as the best known women’s speaker during the 1920’s, drawing large audiences totaling over 3 million people with her informed talks on a variety of subjects, most notably self-awareness and self-improvement. Born Elsie Vandergrift in Kansas in 1885, she attended University of Colorado, Columbia University in Chicago, and Radcliffe College and achieved distinction in college as an orator, earning 12 gold medals and a place as the first woman on an intercollegiate debate team. She worked for the State of Colorado as the state Senate reporter, Chief of Advertising for the Land Office, and went on to become political editor for the Denver Press and Denver Post. She spoke frequently and eloquently on behalf of women’s suffrage and served as an organizer for the National American Woman Suffrage Association. She married Harvard graduate Ralph Payne Benedict in 1914. She established the Benedict School of Opportunity in 1918 to market lectures and correspondence courses, becoming a millionaire and settling in Carmel Highlands in California. She traveled to 55 countries during her lifetime and published an exhaustive travel book documenting their travels. She and her husband continued their writing and speaking activities until his death in 1941, which prompted her retirement from public life.