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Mental Efficiency and Other Hints to Men and Women (Collected Works of Arnold Bennett : Vol 55) by LibriVox recording of Mental Efficiency and Other Hints to Men and Women, by Arnold Bennett. Read by Ruth Golding. In this light-hearted yet thought-provoking collection of articles, published in 1911, Bennett offers his thoughts on exercising your mind, organising your life, marriage, happiness and other pocket philosophies. We listened to Mental efficiency, and other hints to men and women by Arnold Bennett. Really, I think it is more of a collection of essays, but he has proven to be a timeless writer even with more than 100 years between its first being published and now. Arnold Bennett's wonderful use of the English language, his witty and humorous asides, his easy conversational style and practical tips add to the appeal of the book. Mental Efficiency and Other Hints to Men and Women is indeed a timeless classic that can benefit readers of all ages.