Chapter 1 deals with Sun Yat-sen's attitude towards his own works and practice. He firmly believed that the theory itself must be based on the practice of the people. The old established belief that knowing is easy, and putting knowledge into practice is difficult is prevalent among the people. This problem is especially acute as many of Sun's revolutionary comrades thought that his ideals were too lofty and could not be carried out. Thus, Sun began to give more thought to the popularization of his doctrines and theories.

In 1918, Sun Yat-sen published the first three volumes of his Plans for National Reconstruction (建国方略). The first volume of these Plans is "Psychological Reconstruction" (心理建设) which is also called "Sun Wen Xue Shuo" (The Doctrine of Sun Yat-sen) and its subtitle is "Action is easy, Knowledge hard". This thesis has the following objectives: to study the distinguishing characteristics of Sun's Action and Knowledge Theory; to refute the commonly held view that Sun's theory is merely a kind of political propaganda which cannot be considered as an academic thesis; to point out that Sun's theory, although it has political overtone, is not only systematic but also comprehensive in its academic and theoretical basis; and to re-evaluate the significance of Sun's theory as well as highlight its strengths and weaknesses.
Chapter 1 deals with Sun Yat-sen's attitude towards his own works as expressed in his will so as to show that Sun had stressed the importance of psychological reconstruction in the process of nation building. Chapter 2 discusses Sun's early life and studies in order to prove that although Sun derived most of his basic knowledge from the West, he was also heavily influenced by the traditional Chinese ideas. His theory of Action and Knowledge, thus, can also be considered as a synthesis of the East and the West. Chapter 3 analyses the background and motive of Sun's theory. The next chapter focuses on the theory itself and highlights its two main themes. Chapter 5 explores the salient features of the theory. In Chapter 6, consideration will be made to some of the critics' views on Sun's theory and certain disagreements with these views will be also presented. The concluding chapter tries to re-evaluate the significance of the theory and also probe into its strengths and weaknesses.