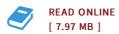




Psycho-Cybernetics

By Maltz

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Psycho-Cybernetics, Maltz, Put more living in your life! "Psycho‑Cybernetics" is renowned doctor and professor Maxwell Maltz's simple, scientific, and revolutionary program for health and success. Happiness and success are habits. So are failure and misery. But negative habits can be changed--and "Psycho‑Cybernetics" shows you how! This is your personal guide to the amazing power of "Psycho‑Cybernetics---"a program based on one of the world's classic self‑help books, a multimillion‑copy bestseller proven effective by readers worldwide. Presenting positive attitude as a means for change, Maltz's teaching has the ring of common sense. "Psycho‑Cybernetics" is the original text that defined the mind/body connection--the concept that paved the way for most of today's personal empowerment programs. Turn crises into creative opportunities, dehypnotize yourself from false beliefs, and celebrate new freedom from fear and guilt. Testimonials and stories are interspersed with advice from Maltz, as well as techniques for relaxation and visualization. Dr. Maxwell Maltz teaches you his techniques of "emotional surgery"--the path to a dynamic new self‑image and self‑esteem and to achieving the success and happiness you deserve!.



Reviews

This book is great, it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

-- Sterling Kris

Very good eBook and beneficial one. It generally is not going to price a lot of. I discovered this ebook from my i and dad advised this book to learn.

-- Tyrel Bartell