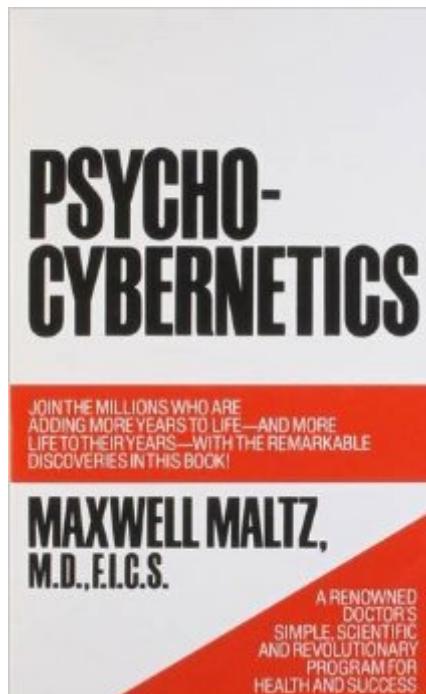


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Psycho-Cybernetics, A New Way To Get More Living Out Of Life



Synopsis

Put more living in your life! Psychoâ 'Cybernetics is renowned doctor and professor Maxwell Maltzâ '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 changedâ "and Psychoâ 'Cybernetics shows you how! This is your personal guide to the amazing power of Psychoâ 'Cyberneticsâ "a program based on one of the worldâ 's classic selfâ 'help books, a multimillionâ 'copy bestseller proven effective by readers worldwide. Presenting positive attitude as a means for change, Maltzâ 's teaching has the ring of common sense. Psychoâ 'Cybernetics is the original text that defined the mind/body connectionâ "the concept that paved the way for most of todayâ '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 â œemotional surgeryâ •â "the path to a dynamic new selfâ 'image and selfâ 'esteem and to achieving the success and happiness you deserve!

Book Information

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Customer Reviews

I don't make it a habit to read self-help books, but the off-color fitness guru Matt Furey has made a killing on selling a program based off of Maltz's work, and most other "motivational speakers" usually bend a knee in respect to Maltz as a forerunner. So I picked up a cheap used copy and read it cover to cover. The only question I have left is why anyone would bother with any of the other crap. This book effectively condenses the entirety of the self-help field. As far as I can tell, this is as

good as it gets by the standards of the genre, is enjoyably accessible to a general audience, and has weathered time's attack on its relevance stunningly well. Firstly, Maltz had the raw clinical experience necessary to write this kind of book. As a crackerjack plastic surgeon he saw immediately and firsthand the life-changing or life-stalling power of self-image at work in the faces of his patients. (And anyone who scoffs at unorthodox contributors to a research field ought to know that Albert Einstein was working for the Swiss patent office when he submitted the Theory of Special Relativity.) Yet Maltz also admits where exactly the limits of his knowledge lie rather than try to convince the reader of his omniscience. Secondly, Maltz was receptive to many fundamental tenets of psychology and philosophy and works them into Psycho Cybernetics clearly and without contradiction. Nor does he try to repackage ancient metaphysical hokum with inane and feeble examples. Thirdly, there are no workshops, special reports, live phone help, or products to buy. (Though I cannot speak for the organization that has cropped up around Maltz's name.) All pretense and exaggeration for marketing purposes seem absent from his book.

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