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# Book Summary Of Psycho-Cybernetics By Maxwell Maltz

book(summary)

## PSYCHO- CYBERNETICS

MAXWELL MALTZ

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## Synopsis

This is a book summary of Psycho-Cybernetics by Maxwell Maltz. Original book description: 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 best seller 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!

## Book Information

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