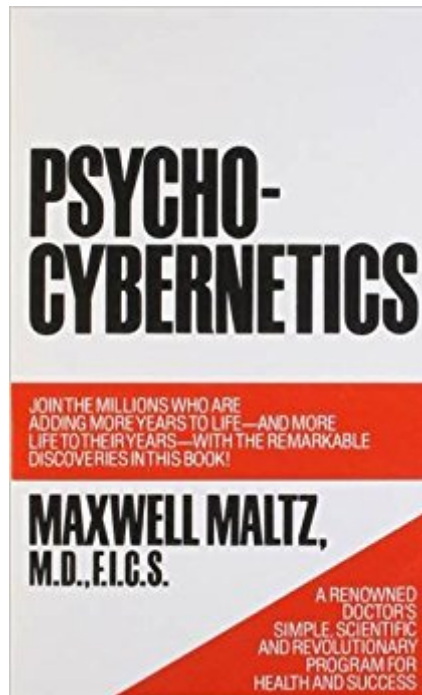




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Psycho-Cybernetics, A New Way To Get More Living Out Of Life



Synopsis

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!

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Customer Reviews

Maxwell Maltz, M.D., F.I.C.S., was one of the most important and renowned authors in the field of psychology. His books include *Creative Living for Today*, *The Magic Power of Self-Image Psychology*, and the bestseller *Dr. Pygmalion*. A brilliant plastic surgeon, he was also an

internationally renowned professor and lecturer.

A classic of self-help literature is presented in an abbreviated version. Maltz was a plastic surgeon who ultimately recommended changing our attitudes towards ourselves, rather than our appearances. Presenting positive attitude as a means for change, Maltz's teaching has the ring of common sense. Testimonials and stories are interspersed with advice from Maltz. Techniques for relaxation and visualization are also covered. Archival recordings of Maltz's talks are interspersed with moderators' instructions. Maltz's speeches are particularly enjoyable. His humor and straightforward approach are refreshing. E.L.C. (c)AudioFile, Portland, Maine

One of the first copies of Maxwell Maltz's book, Psycho-Cybernetics is still, to this day, on my bookshelf. In 1961, it did much more than just put me on my quest for self-improvement. For the very first time, someone connected the mind to the body and brought home the old, simple adage ... "Change your Mind and you change your life!" That was Psycho-Cybernetics. That was the principle of Self Image Psychology ... proven and verified by science itself as an irresistible and powerful no nonsense psychology of happiness and fulfillment. From there on ... for decades ... everything else that was printed in the Self Help Industry became supporting commentary for the principles in this book. And now ... the new "enhanced" version of Psycho-Cybernetics just arrived. And Yesssss!!! I enjoyed this one as much as the original. If not more so! Comparing the two, the new authors kept the voice and the insights of the original text intact, integrating only the updates needed for new generations to come to experience and cherish the joy of reading this old, new classic for the first time. And experience it, you will. You cannot do otherwise. Indeed, it gives me great pleasure to recommend this new version of the book that's been around for over a half century. If you are not among the 35 million+ people who read the older one ... please, do yourself a favor ... get a copy now and read it! You will find that Psycho-Cybernetics will do it to you, as it did it to us, decades ago. True to its kind, the new Enhanced version of Psycho-Cybernetics is still the only book that scientifically proves the principle of Self Image Psychology and makes it the new foundation for a new century's hope, success and the dream of a better life. And the beat goes on!

Very useful book for managing oneself. Mastering the art of nurturing one's self-image, self-acceptance, and self-love can be a lifelong journey. I'd say it likely is for many; or at least it's a major challenge that often goes unacknowledged. I personally found much of the material to be ... not dense ... but dry. I hate to say that because Maltz is clearly such an intelligent man with an

important message and helpful advice. But, it is true, in my opinion. If you are challenged by insecurities and an inaccurate, negative self-image, this is a must-read.

a must have in your book collection

From what I can see, this is in every way the original text, not a remake updated one. There are other versions that have different authors added and updated text (example, saying "people" or "person" as opposed to "man") however everything here points to this being the correct book with original text. This is the granddaddy of self help, and if you read Tony Robbins, Bob Proctor, Brian Tracy etc you'll recognize where they borrow the ideas from this book. If you read and practice it this and other books will change your life, but don't buy it and just not read it, no matter what. That would be a wasteful shame.

This is one of those few books that put forth a new idea that has not only stood the test of time but has been woven into the fabric of the entire self development industry. It's up there with "Think and Grow Rich" and "How to win friends and influence people". It starts slow and after 2 or 3 chapters I was beginning to question the purchase. "There is nothing to DO" I thought. Then after it got going I felt there was TOO MUCH to do. Lots of exercises. Of course, like so many things, the crux is in the application. Will you use it? I think the thing I liked best is that you can really hear Dr Maltz's passion for humanity and sincere desire to help. He seems like a wonderful man. Also that he isn't in the pie-in-the-sky "anyone can do anything" camp. He teaches us to be truthful about our actual limitations, which do have limits, but are far above what most people do or even aspire to. I put this on a short Must Read list of a handful of classics and consider it a must for anyone pursuing their full potential. Buy it. Read it. Use it. You won't regret it.

This is my favorite book of all time. I actually ended up purchasing this book for 3 of my family members. I highly suggest you read this book!

I have had many obstacles throughout life. The reasons for my obstacles finally dawned upon me through the wise words of Bob Proctor, as he mentioned the self image. He recommended a book on it, by Maxwell Maltz. Anyone who wants to make a change, a true change, this book is for you. If it's losing that weight for real, or getting that confidence, or daring to do amazing & out of the comfort zone things, then as mentioned THIS IS FOR YOU! Changing your self image and having

an honest look on your self, will not only improve the quality of your life but those around you as well.5,5/5

This book rocks !!! its amazing that these principles that were written originally by Maltz over 60 years ago have survived the test of time and are still working amazin for everyone that takes them to heart and follows the directions. A few times he refers to bible scriptures and its amazing how well the concepts of believing go hand in hand with biblical principles.

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