



Psycho-Cybernetics and Self-Fulfillment

Maxwell Maltz

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Positive wisdom and helpful insights on how to be a successful person

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 audio 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!

Psycho-Cybernetics and Self-Fulfillment Details

Date : Published (first published January 1st 1970)

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Author : Maxwell Maltz

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From Reader Review Psycho-Cybernetics and Self-Fulfillment for online ebook

Joe says

This was a life-changing book read in 1972. Dr Maxwell Maltz was way ahead of his time. Today, championship athletes and others practice what was once considered only "pop" psychology at best.

Jon says

I liked the content and it wasn't as whacky as I had anticipated given the name [which is a good thing]. The wording and rhythm place this book in the mid-1900s so it reminds of listening to my grandparents talk when they get in lecture/speech mode.

Juanita Ray says

If you have ever wondered, but don't understand, why Michael Jackson got so many surgeries read this book. Maxwell Maltz was not only an American cosmetic surgeon he also had his doctorate in psychology.

Twenty-seven years ago, in 1986 my son was diagnosed at sick kids hospital with ADHD. Self-esteem is one of the many struggles encountered by children and young adults (especially those with disabilities). I bought and read anything and everything for self improvement and positive thinking that I could get my hands on. This book explains how the mind operates.

This book is excellent for anyone who has a family member who is convinced what isn't is. Anyone who has read this book will understand the following sentence:

I do not recommend this book for someone suffering from such a dilemma as they won't believe a word it says.

Tara says

Wonderful Book!

Loved it, thank you for writing it Mr. Maltz!

Vaiibhav Nigam says

A self help book that changes the prospective of the human mind. A good read

James D Smith says

This is one of the three most important books I've ever read. I read it decades ago and it changed my life profoundly and forever.

Norman Panlilio says

I liked this book so much that I can't help but post a review. The book offers a lot of insights in the human mind and how we learn. It is sad that I just picked it out now when it was written years ago. The test of it's importance is it's enduring relevance.

David Ferrers says

This was one of the first self help books that I ever read, it made a powerful impression on me. It was my starter for a lifetime of searching for ways to improve my own performances. Above the entrance to the Oracle of Delphi there is an inscription that reads, "Know thyself." That has been my life's work and this book was largely responsible for setting me off on the journey. It made me realise that I needed a powerful self image if I was to become what I could become.

David Ferrers, Author of SWAP, The Best Way to Make Your Dreams Come True

Adele says

I listened to the audiobook psycho cybernetics and self-fulfillment while working. The book is a great motivational book about learning to change your mindset.

Alex says

The author remained fairly vague throughout most of the book and kept repeating himself. It was difficult to find practical pieces of advice.

Marius Craiu says

The self image is one of the most important concept!

Sonyajohnston says

I read this book many years ago and decided to pick it up and read it again. It is interesting the insight that Maxwell Maltz had when the book was written more than 50 years ago. Today we have more information on how the brain works, yet he knew from working with people some truths that still seem to apply today. I would recommend this book to anyone who wants more insight into themselves.
