



Psycho-Cybernetics, A New Way to Get More Living Out of Life

By Maxwell Maltz

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Psycho-Cybernetics, A New Way to Get More Living Out of Life By Maxwell 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!

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Editorial Review

About the Author

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.

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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

Users Review

From reader reviews:

Eric Totten:

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, gonna beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book could be option to fill your free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to try look for book, may be the publication untitled Psycho-Cybernetics, A New Way to Get More Living Out of Life can be good book to read. May be it may be best activity to you.

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