



Psycho-Cybernetics

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!

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