



# 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

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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.

#### From [AudioFile](#)

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

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