



# Maximize Your Potential Through the Power of Your Subconscious Mind to Overcome Fear and Worry

By Dr. Joseph Murphy

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Dr. Joseph Murphy's classic book *The Power of Your Subconscious Mind* was first published in 1963 and became an immediate best seller; it was acclaimed as one of the best self-help guides ever written. Following the success of this work, Dr. Murphy lectured to thousands of people around the world, and millions tuned in to his daily radio program. In his lectures, he pointed out how real people have radically improved their lives by applying specific aspects of his concepts.

Now, these lectures have been combined, edited, and updated in six audio books that bring Dr. Murphy's teachings into the 21st century and provide listeners with his proven tools on how to program their subconscious minds so that they can radically improve their lives.

In this audio book, Dr. Murphy reminds us that we all worry - mostly about things that will never happen. Worry robs us of vitality, enthusiasm, and energy; and often causes ulcers, high blood pressure, and other debilitating diseases. Dr. Murphy teaches us how to replace fear and worry with harmony, peace, and love, and recommends prayers and meditations that will cleanse the mind of irrational concerns and implant uplifting ideas into the subconscious.

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