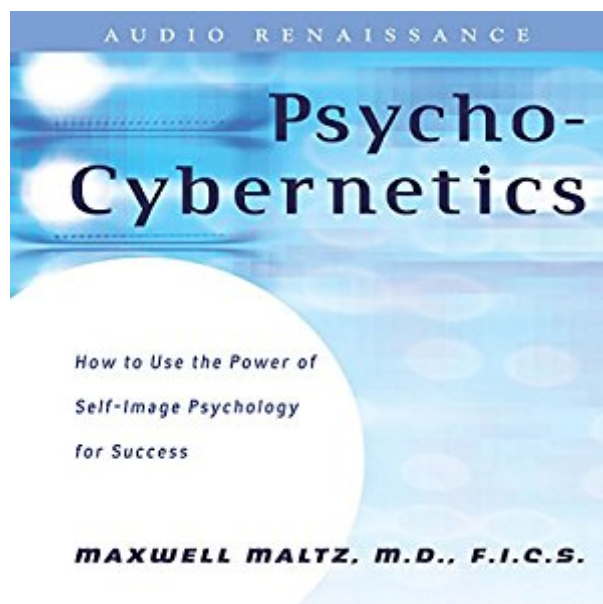


The book was found

Psycho-Cybernetics: Updated And Revised



Synopsis

Develop self-confidence.... Overcome procrastination and indecisiveness.... Improve your health.... Make more money.... Dr. Maxwell Maltz was a renowned pioneer in plastic surgery when he noticed that while the outward changes to his patients were a success, an inner healing and transformation was necessary for them to achieve the life changes they were seeking. Psycho-Cybernetics is a masterful synthesis of proven psychological and physiological processes, which took Dr. Maltz 29 years of research and testing to develop. His groundbreaking work Psycho-Cybernetics has become an all-time classic in the field of self-image psychology. Since its first publication, this book has inspired and helped millions to achieve ambitious and life-changing goals. Recently revised and updated, this unabridged audio edition of Psycho-Cybernetics remains true to Dr. Maltz's visionary approach and proven groundbreaking techniques. These techniques will lead to a dynamic new self-image, greater self-esteem, and the means to achieve a lifetime of success and happiness.

Book Information

Audible Audio Edition

Listening Length: 11 hours and 42 minutes

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Customer Reviews

I don't make it a habit to read self-help books, but the off-color fitness guru Matt Furey has made a killing on selling a program based off of Maltz's work, and most other "motivational speakers" usually bend a knee in respect to Maltz as a forerunner. So I picked up a cheap used copy and read it cover to cover. The only question I have left is why anyone would bother with any of the other crap. This book effectively condenses the entirety of the self-help field. As far as I can tell, this is as good as it gets by the standards of the genre, is enjoyably accessible to a general audience, and has weathered time's attack on its relevance stunningly well. Firstly, Maltz had the raw clinical experience necessary to write this kind of book. As a crackerjack plastic surgeon he saw

immediately and firsthand the life-changing or life-stalling power of self-image at work in the faces of his patients. (And anyone who scoffs at unorthodox contributors to a research field ought to know that Albert Einstein was working for the Swiss patent office when he submitted the Theory of Special Relativity.) Yet Maltz also admits where exactly the limits of his knowledge lie rather than try to convince the reader of his omniscience. Secondly, Maltz was receptive to many fundamental tenets of psychology and philosophy and works them into Psycho Cybernetics clearly and without contradiction. Nor does he try to repackage ancient metaphysical hokum with inane and feeble examples. Thirdly, there are no workshops, special reports, live phone help, or products to buy. (Though I cannot speak for the organization that has cropped up around Maltz's name.) All pretense and exaggeration for marketing purposes seem absent from his book.

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