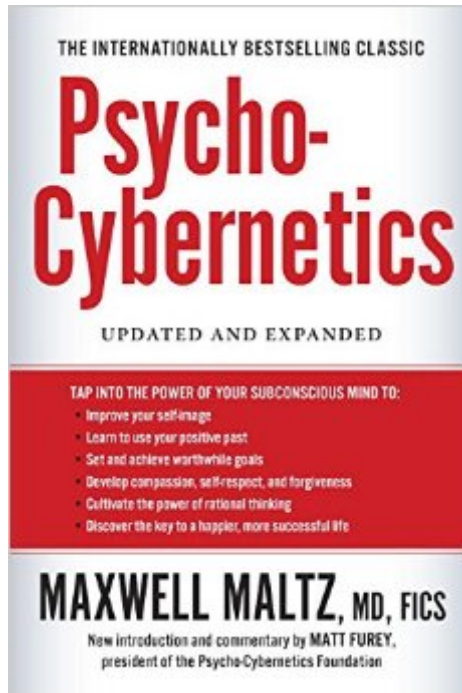# Psycho-Cybernetics: Updated And Expanded

Synopsis

Cybernetics (loosely translated from the Greek): â œa helmsman who steers his ship to port.â •
Psycho-Cybernetics is aÂ term coined by Dr. Maxwell Maltz, which means, â œsteering your mind
to a productive, useful goal so you can reach theÂ greatest port in the world, peace of mind.â •Since
its first publication in 1960, Maltzâ ™s landmark bestseller has inspired and enhanced the lives of
more than 30 million readers. In this updated edition, with a new introduction and editorial
commentary by Matt Furey, president of the Psycho-Cybernetics Foundation, the original text has
been annotated and amplified to make Maltzâ ™s message evenÂ more relevant for the
contemporary reader.â œBefore the mind can work efficiently, we must develop our perception of
the outcomes we expect to reach. Maxwell Maltz calls this Psycho-Cybernetics; when the mind has
a defined target it can focus and direct and refocus andÂ redirect until it reaches its intended
goal.â • â ”Tony Robbins (from Unlimited Power)Maltz was the first researcher and author to explain
how the self-image (a term he popularized) has complete control over an individualâ ™s ability to
achieve (or fail to achieve) any goal. And he developed techniques for improving and managing
self-imageâ ”visualization, mental rehearsal, relaxationâ ”which have informed and inspired
countless motivational gurus, sports psychologists, and self-help practitioners for more than fifty
years.The teachings of Psycho-Cybernetics are timeless because they are based on solid science
and provide a prescription for thinking and acting that lead to quantifiable results.

Book Information

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Customer Reviews

When I was 17 and became a freshman at Colorado State College, I was literally scared to death of

NOT becoming a teacher at the top teacher's college in the states. CSC was often ranked side by side with Columbia University. I had been severely abused orally, emotionally, and physically my entire childhood. I was told I was stupid, would never amount to anything, and would never have friends or find a husband. I had read "The Snake Pit," "David and Lisa", and "You Never Promised Me a Rose Garden" which were about teens and young adults incarcerated in mental institutions. The last place I wanted to go was a mental hospital full of lunatics. I knew I had NO CONFIDENCE and was AFRAID OF EVERYTHING especially of taking tests or giving an oral presentation. So, without the help of a shrink, I began to change myself especially after I acquired MAXWELL MALTZ'S wonderful book, PSYCHO-CYBERNETICS.I underlined passages in the book and wrote notes in margins.And I began to run a different tape in my head. Instead of saying to myself, "I KNOW I'M GOING TO FLUNK THIS TEST," I began saying, "It's okay to flunk this test. Who cares if I do? Maybe I can take it over. There will always be other tests." And I began closely watching my friends. I needed friends who had been raised in good environments who I could learn from. So, I faked confidence in the beginning, and I found I could make people laugh. Little by little I changed the tapes in my head which told me I was no good and would never be a teacher.Well, two semesters of my freshman year I was put on probation. And my second year I was kicked out of the School of Education because a teacher saw me really sick with one of my horrendous migraine headaches.

Hacking: Tapping into the Matrix Tips, Secrets, steps, hints, and hidden traps to hacking: Hacker, Computer, Programming, Security & Encryption Jack and the Hungry Giant Eat Right With Myplate Information Architecture: For the Web and Beyond Keep Your Love On: Connection Communication And Boundaries The Smarter Screen: Surprising Ways to Influence and Improve Online Behavior The New Rules for Love, Sex, and Dating A Lifelong Love: How to Have Lasting Intimacy, Friendship, and Purpose in Your Marriage Beautiful Data: A History of Vision and Reason since 1945 (Experimental Futures) Garden City: Work, Rest, and the Art of Being Human. Fear and Faith: Finding the Peace Your Heart Craves To Heaven and Back: The Journey of a Roman Catholic Priest A Doctor's Tools (Community Helpers and Their Tools) Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense Rainbow Warriors and the Golden Bow: Yoga Adventure for Children (Rainbow Warriors Yoga Series) Touching Heaven: A Cardiologist's Encounters with Death and Living Proof of an Afterlife Machines of Loving Grace: The Quest for Common Ground Between Humans and Robots Husband After God: Drawing Closer To God And Your Wife Sex is a Funny Word: A Book about Bodies, Feelings, and YOU Learn Command Line and Batch Script

Fast, Vol II: A course from the basics of Windows to the edge of networking How to Start a Business Analyst Career: The handbook to apply business analysis techniques, select requirements training, and explore job roles ... career (Business Analyst Career Guide)