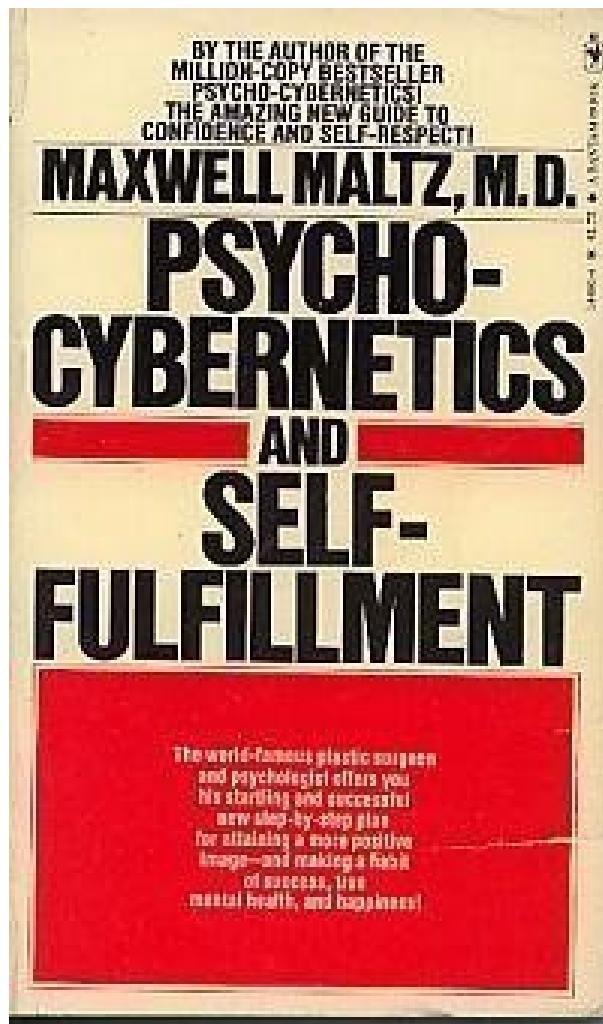


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By BPG

This is a book that, taken seriously, can be a life changer. It is ambitious in scale and in content, and, while it is difficult to internalize in one reading, it is worthwhile for anyone wanting to improve their life in ways that are meaningful. I consider it on par with titles such as "How to Win Friends and Influence People," and "Think and Grow Rich," which is no small compliment. Highly recommended.

43 of 46 people found the following review helpful.

You've done it again, Mr. Maltz.

By Lee Gillette

One of the first copies of Maxwell Maltz's book, Psycho-Cybernetics is still, to this day, on my bookshelf.

In 1961, It did much more than just put me on my quest for self-improvement. For the very first time, someone connected the mind to the body and brought home the old, simple adage ... "Change your Mind and you change your life!"

That was Psycho-Cybernetics. That was the principle of Self Image Psychology ... proven and verified by science itself as an irresistible and powerful no nonsense psychology of happiness and fulfillment.

From there on ... for decades ... everything else that was printed in the Self Help Industry became supporting commentary for the principles in this book.

An now ... the new "enhanced" version of Psycho-Cybernetics just arrived. And Yesssss!!! I enjoyed this one as much as the original. If not more so!

Comparing the two, the new authors kept the voice and the insights of the original text intact, integrating only the updates needed for new generations to come to experience and cherish the joy of reading this old, new classic for the first time. And experience it, you will. You cannot do otherwise.

Indeed, it gives me great pleasure to recommend this new version of the book that's been around for over a

half century. If you are not among the 35 million+ people who read the older one ... please, do yourself a favor ... get a copy now and read it!

You will find that Psycho-Cybernetics will do it to you, as it did it to us, decades ago. True to its kind, the new Enhanced version of Psycho-Cybernetics is still the only book that scientifically proves the principle of Self Image Psychology and makes it the new foundation for a new century's hope, success and the dream of a better life.

And the beat goes on!

36 of 39 people found the following review helpful.

I've come across and read a lot from people like Jack Canfield

By Richard

I've been on a self-help reading kick for about the past year. Between issues in my finances, health, relationships, career, I was being weighed down by it all. I've come across and read a lot from people like Jack Canfield, Joel Osteen, Law of Attraction - Teachings of Abraham, etc. They were all good, uplifting and helpful works in their own right, but something was missing. I was listening to a podcast and the host mentioned this book, which was something I've never heard about - ever or anywhere. I looked it up on Amazon and decided to order it. I am sure glad I did. For me, it brought all of the other ideas, concepts and practices together. Things like affirmations, burning desires, faith, action - they all are great, as long as they're operating in conjunction with the way you see yourself and want to see yourself. This book really stresses the importance of focusing on your self-image, which is something I've found many of the other works glossed over or lacked. It's a good work, laced with some biblical references which aren't overwhelming. If you can spend the money on it, it is certainly a great addition to your library. I've recommended it to everyone.

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