

Psycho Cybernetics A New Way To Get More Living Out Of Life Mass Market Paperback

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Although it was written in 1960, Psycho-Cybernetics is just as relevant more than 50 years later. His timeless tenets offer a road map for self-image improvement and better quality of life."--Gayot.com "Maxwell Maltz, author of Psycho-Cybernetics, was an early exponent of the visualization principle. Almost half a century ago, he captures a truth that can literally transform the way we think, act, and communicate."

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