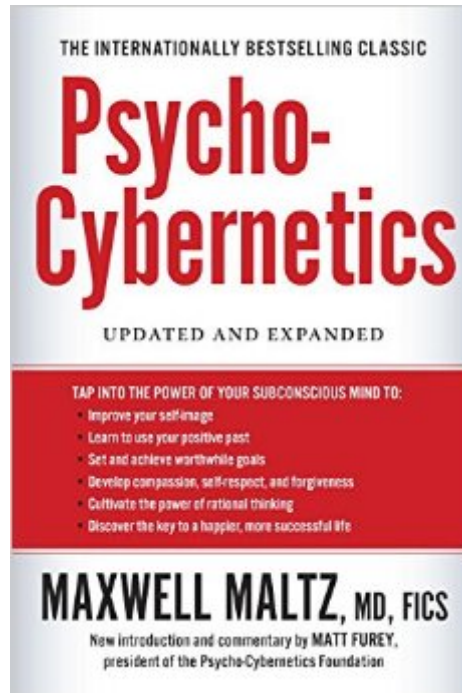


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Psycho-Cybernetics: Updated And Expanded



Synopsis

Cybernetics (loosely translated from the Greek): "the helmsman who steers his ship to port." • Psycho-Cybernetics is a term coined by Dr. Maxwell Maltz, which means, "steering your mind to a productive, useful goal so you can reach the greatest port in the world, peace of mind." • Since its first publication in 1960, Maltz'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 Maltz's message even more relevant for the contemporary reader. "Before 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 and redirect until it reaches its intended goal." • "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 individual's ability to achieve (or fail to achieve) any goal. And he developed techniques for improving and managing self-image "visualization, mental rehearsal, relaxation" 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.

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