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Change Your Life in Seven Days

Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Easily stop the disruption of waking during the night? Would you like to sleep when you want to? Awaken refreshed and full

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of energy? Then let Paul McKenna help you! We spend nearly a third of our lives asleep, but more of us are suffering from insomnia than ever before. Now Paul McKenna, Ph.D., has made a series of major scientific breakthroughs that can dramatically improve your sleep starting today. In this book, he shows you simple techniques and changes in your thinking and behavior can transform your sleep habits. The accompanying guided hypnosis download is designed to deeply relax you when you want to sleep and reset your body's natural sleep mechanism, so you'll automatically find it easier to get deep, restful sleep. If you want to get a good night's restful sleep and wake up refreshed, have the energy to achieve what you want, and improve the quality of your life, then this book is for you!

ReCreating Your Self

"The noted psychotherapist and philosopher uses concise, topical chapters to provide concrete steps to developing internal willpower during periods of deep stress, drawing upon insights from classical mythology and wisdom teachings, psychological traditions, patient case studies, and human potential exercises"--

Your Mind and How to Use It

Do you want more success? Do you want to be more popular? Do you want to stop people taking advantage of you? Do you want things to go your way more often? Do you want to get the people you like to

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like you? Then, this book, audio & video system is for you! Paul McKenna has sold more than 10 million books in 32 countries and has spent the last 20 years researching human influence: what makes people do things and the secrets of charisma and likeability. He has created a formula, an easy to learn system that in an ever-changing world will help you communicate more eloquently and effectively. In the last few years, the psychology of influence has taken a massive leap forward and Paul McKenna has been working with the leaders in the field. This book, with audio and video downloads, will give you the edge whether you want to get ahead in business, romance or life. Paul McKenna will show you the language and techniques used by the most persuasive people in the world, in an ethical and easy to understand way. You will learn the universal principles of influence, so you will be able to spot when people are covertly trying to manipulate you. If you want to influence your children or your boss, if you are looking for a partner, or more friends, or just more fun, these techniques will release your natural influence and charisma and get you more of what you really want. Use this system, and your life will change for the better in ways that you would never have imagined before!

The Babydust Method

Do you find yourself eating food you don't need or want, when you're not even hungry? Do you eat when you're stressed, sad, or bored? Have you tried every way you can think of to slim down, without success? Do you long to feel differently about food, about

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yourself, and about the way you live? Paul McKenna can help. Emotional eating is the number-one cause of obesity in the Western world, but Paul McKenna—the number-one hypnotherapist in the whole world—has found a way to beat it. The amazing system he's developed digs deep beneath the issue of weight loss to eradicate the underlying cause of overeating. The program in Freedom from Emotional Eating is designed to help you make real, lasting changes in the way you think and act—changes that will transform your body, your relationship to food, and your entire life. Paul McKenna wants to help you escape from the vicious cycle of frustration and self-medication with food. His system, tested and proven, actually alters your brain chemistry and resets your brain to a higher, happier level of functioning so that even as you're losing weight, you're gaining confidence, freedom, and emotional wisdom. Let Paul help you to take back control of the way you eat—and find a sense of security and joy beyond anything you've ever imagined.

Control Stress

Do you want a happy, fulfilling relationship? Do you want a wonderful future with your partner? Do you want to use the proven scientific principles that make relationships work? Over the past thirty years, Paul McKenna PhD has worked with people facing the biggest challenges in life and some of the most successful people in the world. Now, in this new book, he is turning to one of the most important subjects of all - relationships. Drawn from decades of scientific

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research, the system in this book includes downloadable audio and video techniques. Everything that Paul McKenna would do in personal session with you on relationships is in this system. The powerful processes provide the answers for anyone who wishes they could make their relationships last, and wants them to get better and better. It provides practical solutions and techniques for personal change that open the way to a stronger, loving future. Sometimes just one significant change can transform a relationship. Here, you can learn all Seven Things that Make or Break a Relationship. *Includes FREE audio and video downloads. IMPORTANT: Before purchasing, please be aware that you will need to use a computer to download this content*

I Can Mend Your Broken Heart

McKenna's system is not a diet; instead, he uses the latest psychological techniques to transform the way you think about food.

Hypnotic Gastric Band

This eBook edition of "The Subconscious & The Superconscious Planes of Mind" has been formatted to the highest digital standards and adjusted for readability on all devices. Extract: "The great problems of modern psychology are found to consist largely of the phenomena of the mental operations and activities on planes other than those of ordinary consciousness. While the terminology of the subject is still in a state of transition, nevertheless certain terms

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have sprung into common use and are employed tentatively by those who write and teach of these wonderful regions of the mind." William Walker Atkinson (1862-1932) was a prolific writer. His works treat themes related to the mental world, occultism, divination, psychic reality, and mankind's nature. They constitute a basis for what Atkinson called "New Psychology" or "New Thought".

Sleep Like a Log

Drawing on Dale Carnegie's years of experience as a business trainer, this book will show you how to improve self-confidence and overcome the natural fear of public speaking, to become a successful speaker, and even learn to enjoy it. This book discusses the ways of opening and closing a talk and keeping the audience interested.

Instant Confidence

'My piece was rejected. I should give up writing, yes?' NO! The Positively Productive Writer offers practical techniques to help writers reject rejection and fulfil their writing dreams. It's not a how to write book, but a motivational how to be a positively-thinking writer. The more positive a writer is, the more productive they can be, and it is productive writers who become successful writers. Drawing upon this bestselling author's own experiences, The Positively Productive Writer guides writers in how to: Identifying their own goals and break them down into achievable steps. Learn how to cope with, and overcome, rejection. Use

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techniques to create a positive frame of mind before starting to write. Find more time to write. Understand the difference between right brain and left brain activity. Discover which setting, time or environment helps them to be more productive as a writer. Try techniques for quick, positive ways to publication. Try different networking methods. There are some days when writers find it easier to sit down and write, than others. The Positively Productive Writer is for those other days.

The Hypnotic World of Paul McKenna

What if you could change your whole life for the better--in just a few hours?Paul McKenna, Ph.D., has spent 25 years working with people from all walks of life and helping them to change their lives for the better. He has investigated nearly every method of therapy, coaching, and personal change available--and now he has made a breakthrough: an amazing new system that yields dramatic results with both large groups and one-on-one clients. If you're ready to: *Have infinitely more power over the direction of your life . . . *Uncover the secrets of luck, confidence, and motivation . . . *Feel like you are the master of your own destiny . . . *Become the person you were born to be then let Dr. McKenna help you! He has discovered and crafted a simple set of processes that anyone can be guided through in a matter of hours. In this book, which includes free downloadable audio and video sessions, he shows you how to clear the past of blocks or negative experiences and get in touch with the core of who you

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truly are so you can live more happily in the present. His powerful, practical techniques help you connect with what you really want and focus your mind and body to fulfill your destiny!

Your Inner Will

Richard Bandler is known worldwide as the cofounder of neurolinguistic programming (NLP). Here, in what will be considered a classic, is Bandler at his best—the most accessible and engaging work yet, detailing his proven methods that have freed tens of thousands of people worldwide of their destructive habits, phobias, and fears. When conventional therapy and drugs fail, Richard Bandler delivers, often with miraculous results. Richard Bandler cocreated the field of NLP with John Grinder in the early 1970s. Since then, Bandler's work revolutionized the field of personal change; his models and methods have been widely adopted and used successfully in colleges and universities, therapists' offices, professional sports teams, and businesses across the globe. While many people have written books on NLP, much of what has been written is based on Bandler's ideas. *Get The Life You Want* shares 'the how' from Bandler himself, with remarkable insights into some of his greatest and most advanced work to date, including compelling true examples from client sessions. With more than thirty exercises that promise rapid relief from any problem or habit, plus a glossary of terms and a detailed index, this is a culmination of a lifetime of work written in a simple, engaging style that both clinicians and laypeople will find effective. Richard

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Bandler's books have sold more than half a million copies worldwide. Tens of thousands of people, many of them therapists, have studied Bandler's blend of hypnosis, linguistics, and positive thinking at colleges and NLP training centers in the United States, Europe, and Australia. He is the author of *Using Your Brain—for a Change*, *Time for Change*, *Magic in Action*, and *The Structure of Magic*. He coauthored *Frogs into Princes*, *Persuasion Engineering*, *The Structure of Magic Volume II*, and *Patterns of the Hypnotic Techniques of Milton H. Erickson Volume I*.

How to Develop Self Confidence and Improve Public Speaking

IMPORTANT: BEFORE PURCHASING, PLEASE BE AWARE THAT YOU WILL NEED TO USE A COMPUTER TO DOWNLOAD THE AUDIO CONTENT. WHAT TODAY, IS MOST LIKELY TO KILL YOU AND THE ONES YOU LOVE? HEART DISEASE? DIABETES? CANCER? REDUCE YOUR SUGAR TODAY AND GET HEALTHY! Paul McKenna has spent years researching and developing a system to that can help you get more control over sugar and make healthier choices. SCIENTISTS AGREE - SUGAR IS KILLING MORE OF US EVERY DAY! Now you have a choice. Use the power of your mind to take control and feel healthy. Discover the facts that have been suppressed for decades about the deadly dangers of sugar. The science is irrefutable. Sugar is the slow-motion killer behind four of the top five causes of premature death in the United Kingdom. LET PAUL MCKENNA HELP YOU CONTROL SUGAR NOW! THIS EBOOK CONTAINS A CODE TO DOWNLOAD

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THE MIND-PROGRAMMING AUDIO.

Modern-Day Miracles

PLEASE NOTE: LINK FOR THE FREE HYPNOSIS DOWNLOAD CAN BE FOUND ON THE CONTENTS PAGE

There's so much more to confidence than being outgoing, and self esteem has a huge impact on both your happiness and what you are able to achieve in life. Marisa Peer's tried and tested programme is an effortless way to maximise your potential and overhaul your whole outlook on life for the better. Her powerful hypnotic language and effective techniques mean that just reading the book enables you to change negative thought patterns and break harmful habits that have been holding you back without you knowing it. Written in the highly engaging style she is renowned for, Marisa's book speaks to you on an extremely personal level and tailors her proven methods in establishing confidence to your unique needs. Unlike other books on the market, not only does her programme provide lasting results but she focuses much more on how to like yourself, because until you do you can't enjoy the benefits of confidence. Marisa's programme is the effortless way to tackle every type of confidence issue so that you can achieve your full potential in life and reap the rewards.

Quit Smoking Today Without Gaining Weight

Do you want to be happier? Do you want to stop

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feeling bad right now? Do you want to experience greater joy than ever before? What if it was possible to feel happier than you had ever imagined before? It doesn't matter whether you're sad, bored, or depressed--or even if you're already quite content--Paul McKenna can help you become a whole lot happier! Scientific research reveals that our levels of happiness aren't fixed; we can change them through our thoughts and actions. Dr. McKenna has spent the past 25 years developing a system that can have an immediate, measurable impact on people's emotional well-being. This book uses the latest, most powerful psychological techniques and a downloadable guided hypnosis session to help readers feel really good right now. The human mind is like a computer, with its own software that governs how we think and act. Most human problems are caused by negative programs running in the unconscious mind. This book and audio session help you install positive programs that seek out and magnify the factors that create happiness. Use it to take control of your life and start feeling happier today!

Seven Things That Make Or Break A

As one of the leaders of the influential New Thought movement, author William Walker Atkinson had an unshakable belief in the power of the human mind -- and he was convinced that most of us fail to fully tap into its remarkable capabilities. *Your Mind and How to Use It* offers an interesting overview of the basic principles of what Atkinson calls "practical

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psychology," including actionable tips and techniques to begin to make use of the innate powers of the human mind.

Instant Influence and Charisma

Previously published: Great Britain: Bantam Press, 2007.

Self-Confidence

In this truly inspirational book, people all over the world express their appreciation for the writings and teachings of Louise L. Hay . . . and for the miracles she has brought to their lives. Through uniquely heartfelt and awe-inspiring true stories, men and women of all ages and backgrounds reveal how one individual whose life has been devoted to spreading good can touch so many in a positive and miraculous way . . . and then those people spread the good to others . . . and on and on it goes, in a tremendous spiral of joyous energy. As you read the accounts within these pages, you will laugh, cry, and nod with empathy and understanding. The subject matter is diverse (relationships, work, finance, health, and more); and the outpouring of emotion is genuine and very personal. Included at the end of each chapter are affirmations and exercises by Louise that will help you create miracles in your own life!

The Confidence Solution

Would you like to be able to relax and still keep your

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edge? Would you like to feel in control of your life? Would you like to take the pressure off and feel good? Then let Paul McKenna help you! Based on over 20 years of research, this book contains cutting-edge psychological techniques that will automatically create feelings of calm alertness for you to access whenever you choose. You will learn how to transform your life from a place of peace, freedom from worry, and inner strength. The book includes a downloadable guided hypnosis session that will help you reprogram your mind to control stress, build up your inner strength, and bring more joy, power, and happiness to everything you do. The book and audio session work together as a complete breakthrough system--a totally natural way to improve your quality of life.

Eliminate Stress

The ultimate handbook to gaining the key ingredient for success in any area of life from America's #1 Confidence Coach! If you were more confident, how would your life be different? The Confidence Solution empowers you to become a confident and successful person by recognizing your inner strengths and talents. Dr. Keith Johnson has helped thousands of people from all walks of life take life-changing measures that positively moved them forward and helped them fulfill their potential, accomplish their goals, and reach their destiny. These steps will do the same for you. Now, in a single volume, learn how to:

- Unlock transformation in your life
- Exponentially expand your business, career, and relationships
- Quickly shed your unwanted weight
- Triumph over

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your greatest fears -Skyrocket your income Using his trademark humor, insight, and experience, Dr. Keith believes that every person can achieve their desires and dreams through realization of their potential, which can only come through confidence!

Be a Great Flirt

What if you could choose the sex of your baby? There are many existing sex-selection methods out there, but parents have come to find out that these methods are confusing and unreliable. Kathryn Taylor introduces a natural sex-selection approach known as *The Babydust Method, * which is based on the latest scientific evidence. This book details the science behind the method, and explains how you can dramatically increase your chances of conceiving the sex of your choice. This book reveals the flaws in the Shettles method, O+12, egg polarity, pH, and acidic/alkaline/ion diets, and offers a brand new approach involving a combination of precise timing and frequency that has been proven to work in a published clinical study.

A Safer Place To Cry

"Previously published in Great Britain by Bantam Press, a division of Transworld Publishers"--Title page verso.

I Can Make You Smarter

Teach Yourself - the world's leading learning brand - is

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relaunched in 2010 as a multi-platform experience that will keep you motivated to achieve your goals. Let our expert author guide you through this brand new edition, with personal insights, tips, energising self-tests and summaries throughout the book. Go online at www.teachyourself.com for tests, extension articles and a vibrant community of like-minded learners. And if you don't have much time, don't worry - every book gives you 1, 5 and 10-minute bites of learning to get you started. *Be A Great Flirt* is your complete handbook for social success at every level. Whether you are young or old, a first time singleton or reentering the fray, male or female, it uses proven psychological strategies and NLP techniques to help you communicate effectively and enjoyably to make friends and hopefully form longer-term relationships. The only book to be authored by a male life-coach and flirt doctor, the book will also give a unique perspective from the male point of view. It will be the only title to explain how flirting at work can help enhance and progress your career, will be full of practical exercises, tips, hints and case studies, and be accompanied by a CD to help you get to grips with the practicalities of flirting at every level.

Instant Confidence

I Can Make You Rich

From the New York Times bestselling authors of *The Passion Test* comes a book that will teach readers to harness the power of ritual to unlock their unique gifts

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and create a life of love, wealth, and happiness. Rituals are the common feature of every ancient culture on Earth. Yet, modern society has lost touch with the power and value of ritual to create a rhythm for daily life, balance, and a connection with others. In the process, many of us have lost touch with ourselves. Your Hidden Riches is a call to reignite the power of personal and community rituals--to sustain us in the midst of an ever-increasing onslaught of information and expectations, and to sustain our world by reawakening the awareness of our interconnection with all life. In the book you will learn to engage with:

- o Rituals for Magical Relationships
- o Rituals for Diet, Health, and Beauty
- o Creating Wealth Through Ritual
- o Rituals for the Seasons of Life
- o Rituals for a Closer Family Circle

Embracing ritual will allow you to finally live the life of health, wisdom, and love that you deserve.

The Positively Productive Writer

A revised and updated full-colour edition of the weight-loss classic *Would you like to eat whatever you want and still lose weight? Would you like to feel really happy with your body? Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? Do you get disheartened about your eating habits and your weight? Then this amazing book and CD can help you! Welcome to a revolutionary way to stop overeating, control cravings and feel totally motivated to take exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes and*

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beliefs about yourself, your health and food to help you easily take control of your diet and lose weight permanently. As you use Paul's amazing system, the latest psychological techniques will automatically help you to start losing weight straight away! You can use it again and again to make you feel happier about yourself as you go all the way to your ideal shape, size and weight.

I Can Make You Sleep

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YOU'RE SMARTER THAN YOU THINK! As you read, you will learn to * Increase your intelligence * Have exam confidence * Supercharge your memory * Improve concentration * Access your creative genius * Make smarter decisions * Stay sharp at any age and much, much more! Within the pages of this book is a groundbreaking new system that will teach you how to apply the strategies of some of history's greatest geniuses and the latest research into the science of the brain, to help you live an extraordinarily effective and creative life. Wherever you're at in your life right now, simply read the book, enjoy the free hypnotic audio downloads, and become smarter! THIS BOOK CONTAINS A CODE TO DOWNLOAD THE HYPNOTIC AUDIO.

Paul McKenna's Hypnotic Secrets

A renowned hypnotist and a psychotherapist present

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a practical approach to overcoming the pain of a failed relationship in order to build an emotionally satisfying and successful future, taking readers step by step through the various stages of the healing process and offering effective exercises for healing emotional wounds and moving forward to new relationships. Original. 20,000 first printing.

Get Control of Sugar Now!

Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? THEN LET PAUL MCKENNA HELP YOU! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes.

Freedom from Emotional Eating

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Would you like to have the confidence to go for anything you want in life? Paul McKenna Ph.D. is the world's leading hypnotist and Britain's most successful self-improvement author. In this groundbreaking new book, he reveals the secrets of mastering your emotions and living with a greater sense of ease and certainty than ever before. You will learn how to push the 'off' switch for fear and desperation and create massive amounts of confidence and motivation in just a few moments. Before you've even finished the book, your whole attitude to life will begin to change for the better! Would you like to feel strong in difficult situations? Whether you want to feel totally confident in business, romance, or any other area of your life, Paul will walk you step by step through a series of simple yet powerful techniques normally only available to his private clients and seminar attendees. In addition, the book comes with a free hypnosis audio download which uses the latest psychological techniques to fill your mind with positive thoughts and feelings. Each time you listen, you will be re-enforcing positive optimism and programming your mind for success. If you're ready to feel completely comfortable in yourself and finally achieve what you are truly capable of, this book is for you! THIS EBOOK INCLUDES A CODE TO DOWNLOAD THE AUDIO.

THE SUBCONSCIOUS & THE SUPERCONSCIOUS PLANES OF MIND

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The new edition of the personal development classic This long-awaited second edition gives us even more of Paul McGee's unique look at boosting our confidence - with his much-loved wit and good humour. The new edition includes a brand new chapter and a host of new exercises. Paul's approach to confidence is different. According to Paul, we don't have to raise our self-confidence to the roof; just increasing our confidence by a small amount can dramatically change our lives. Paul explains exactly what confidence is, why it's so important and just how to develop it in ourselves and others. This honest, practical and realistic book covers: Confidence in business Being more confident in your love life Confidence in social situations Confidence in job interviews and presentations A brand new chapter on handling conflict confidently Experiences from real people who have followed Paul's advice and improved their lives

How to Mend Your Broken Heart

Almost everyone, at one time or another, is affected by a broken heart. But how can we cope with this most personal of traumas? Here, world-famous hypnotist Paul McKenna, Ph.D., and psychotherapist Dr. Hugh Willbourn show readers how to cope with the grief that can accompany the breakup of a relationship. I Can Mend Your Broken Heart is packed with simple, highly effective techniques that will make you feel better fast and bring about lasting improvements to your emotional life. You will also . . .
*Learn to stop jealousy and obsessive thoughts *Feel

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calm and re-establish emotional equilibrium *Change bad habits and eliminate destructive psychological patterns *Develop your emotional intelligence *Find out why a relationship didn't work *Regain self-confidence and open the door to new love Follow the steps outlined in the book at your own pace and you will not only mend your broken heart now, but be well on your way to a brighter and more emotionally successful future.

Get the Life You Want

Success and happiness are not accidents that happen to some people and not to others. They are created by specific ways of thinking and acting in the world. Paul McKenna has made a study of highly successful and effective people, and distilled core strategies and techniques that will help the reader to begin to think in the same way as a super-achiever. Learn how to master your emotions and run your own brain, how to have supreme self-confidence and become the person you really want to be. Paul McKenna's simple seven-day plan really will change your life for ever. Brilliantly effective self-improvement, in the bestselling tradition of Unlimited Power and The Seven Habits of Highly Effective People.

Your Hidden Riches

More than 50 percent of Americans are overweight and looking for a solution. At last, there has been a weight-loss breakthrough that's easy and has a significant success rate: Paul McKenna's Hypnotic

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Gastric Band. Gastric band surgery, a radical operation that reduces the available space in the stomach, is a drastic—though often highly effective—treatment that's often a last resort. Hypnotic Gastric Band offers similar results without the risks of surgery: this psychological procedure works to convince the unconscious mind that a gastric band has been put in place, helping the body to behave as if a band were physically present—so it's easy to eat less and lose weight at last, while still feeling completely satisfied. Dr. McKenna spent years researching this groundbreaking process with leading medical experts in weight loss. He describes it as "the closest thing to real magic I have ever experienced," except this procedure isn't magic, it's grounded in solid science. All our decisions about food are made in the mind, which in many ways is like a computer. Hypnosis helps to reprogram the "computer" so that when people eat, they feel full faster. With the Hypnotic Gastric Band there is no dangerous physical surgery, no forbidden food, and no miserable dieting. Instead, the Hypnotic Gastric Band helps people make healthier food choices, enjoy their food more, and eat less without effort and without feeling deprived. The book comes with free digital downloads of guided hypnosis and detailed instructions to install your Hypnotic Gastric Band and to adjust it as the weight comes off. Just read the short book, then download the essential 25-minute hypnotic trance and start reprogramming your mind to eat less.

Instant Confidence

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A look behind the scenes of television's The Hypnotic World of Paul McKenna. McKenna explains how subjects are hypnotized, describes how to use hypnotism as a key to personal success and health, and tells how hypnotism helped sporting personalities such as Nigel Benn and England's cricket team.

I Can Make You Thin

All the concepts found in Conversations with God revolve, ultimately, around a central theme: the purpose of life is to re-create yourself anew. Yet what does that mean, in human terms? Here, the author of the extraordinary CwG series of books offers a step-by-step explanation of how the process of personal re-creation can work in anyone's life. In simple, direct, and wonderfully accessible wording, Neale Donald Walsch makes one of the most complex of spiritual concepts come alive, rendering it ready-to-use as a powerful tool. This tool was first described in the companion book Bringers of the Light, which offers an exceptionally clear explanation of the spiritual basis behind creating Right Livelihood.

Ultimate Confidence

During therapy many people burst into tears as if they have found the only safe place to cry and come to terms with problems that disturb their peace of mind and undermine their physical health. In his new book, Dr Brian Roet - bestselling author of All In The Mind? - shows us how we can use therapeutic techniques to release deep-seated emotions, acknowledge out

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strengths and weaknesses, and establish emotional equilibrium. Drawing upon numerous case histories and years of professional experience, his reassuring and practical advice guides us towards new ways to enjoy a more fulfilling life.

The 3 Things That Will Change Your Destiny Today!

I Can Make You Happy

Paul McKenna made his name as the world's best-known hypnotist and, in this book, he shows you how hypnosis can be used for a whole range of practical and therapeutic purposes. You'll soon be able to understand exactly what hypnosis is and how it can work for you. Paul McKenna has helped thousands of people to improve their personal best - from Olympic athletes to powerful business achievers. He wants to help you understand the power of hypnosis, and his step-by-step approach will enable you to boost your energy, control stress and achieve greater results in a whole range of activities.

I Can Make You Thin

Would you like to have the confidence to go for anything you want in life? Paul McKenna Ph.D. is the world's leading hypnotist and Britain's most successful self-improvement author. In this groundbreaking new book, he reveals the secrets of mastering your emotions and living with a greater

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sense of ease and certainty than ever before. You will learn how to push the 'off' switch for fear and desperation and create massive amounts of confidence and motivation in just a few moments. Before you've even finished the book, your whole attitude to life will begin to change for the better! Would you like to feel strong in difficult situations? Whether you want to feel totally confident in business, romance, or any other area of your life, Paul will walk you step by step through a series of simple yet powerful techniques normally only available to his private clients and seminar attendees. In addition, the book comes with a free hypnosis audio download which uses the latest psychological techniques to fill your mind with positive thoughts and feelings. Each time you listen, you will be re-enforcing positive optimism and programming your mind for success. If you're ready to feel completely comfortable in yourself and finally achieve what you are truly capable of, this book is for you!

I Can Make You Confident

Offers techniques for turning fear and desperation into self-confidence instantly, whether it's mastering the fear of public speaking or feeling more self-assured in social, business and romantic situations, in a book that includes a bonus hypnosis CD, filled with positive energy.

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