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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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The New Psycho-Cybernetics: Maxwell Maltz, Dan S. Kennedy ...

Creative performance is spontaneous and ‘natural’ as opposed to self-conscious and studied.”. ? Maxwell Maltz, Psycho-Cybernetics, A New Way to Get More Living Out of Life. 25 likes. Like. “Conscious effort inhibits and ‘jams’ the automatic creative mechanism.”.

Psycho-Cybernetics, A New Way to Get More Living Out of ...

Psycho Cybernetics: A New Way to Get More Living Out of Life. by Maxwell Maltz . 1. Experience is Important “Human beings always act and feel and perform in accordance with what they imagine to be true about themselves and their environment.” Dr. Maltz begins with a preface describing a bit of the background behind his book.

Psycho Cybernetics by Maxwell Maltz : Book Summary

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In 1960, Psycho-Cybernetics: A New Way to Get More Living out of Life was first published by Prentice-Hall and appeared in a pocket book edition by 1969.

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