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Autore	McKenna Paul <1963->
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Sommario/riassunto	"Would you like to have the confidence to go for anything you want? Would you like to feel strong in difficult situations? Would you like to feel the determination to improve your life? Dr. Paul McKenna is the world's leading hypnotist and has sold 10 million self-help books worldwide. In this groundbreaking book, he reveals the secrets to 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 on fear and desperation and create huge amounts of confidence and motivation in just a few moments. Before you've even finished the book, your whole attitude toward life will begin to change for the better! Whether you want to feel totally confident in business, romance, or any other area of your life, Dr. McKenna will walk you through a series of simple yet powerful techniques normally available only to his private clients and seminar attendees. This book also comes with a guided hypnosis download that uses the latest psychological techniques to fill your mind with positive thoughts and feelings. Each time you listen, you will be reinforcing optimism and programing 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! www.mckenna.com "--

