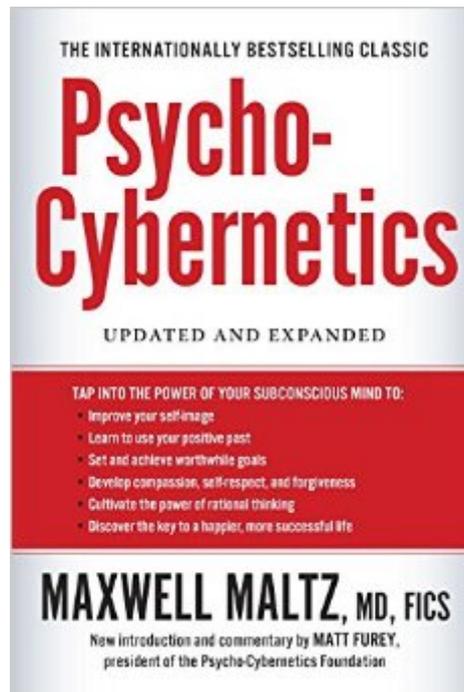


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Psycho-Cybernetics: Updated And Expanded



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.

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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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