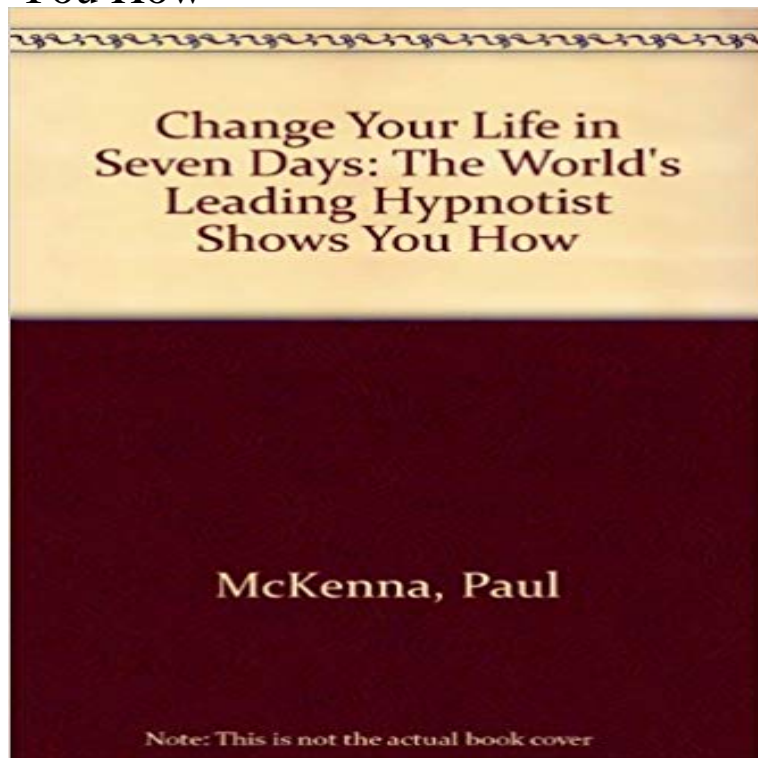


## Change Your Life in Seven Days: The Worlds Leading Hypnotist Shows You How



Most people can think of a time when their lives changed in just a few moments. Over the next seven days, you will experience dozens of those moments, and the resulting changes in your life will positively affect your happiness, success, and well-being for years to come. Paul McKenna has helped millions of people to quit smoking, lose weight, increase their self-confidence, and change their lives. He is well aware that even small changes can make a huge difference. For years, he has consistently astounded his audiences and clients with his ability to cure lifelong phobias in less than an hour and clear up deep-seated issues in just a few days. Now, Paul McKenna will show you how to use his time-tested, state-of-the-art techniques to help you break through your limitations, release your true potential, and become a happier, more confident, and powerful person. Paul McKenna has studied many highly successful and effective people around the world and discovered that success and happiness are not accidents that happen to some people and not to others they are created by deliberate ways of thinking and acting. In this highly practical and engaging book, he distills the core strategies and techniques of the super-achievers into an amazing life makeover that will help you to think and act more positively and confidently, and noticeably improve your life in as little as one week. Would you like to make more money and be more successful? Would you like to have more energy and feel happier every day? Would you like to start living the life of your dreams? Paul McKenna helps us to integrate powerful new software into our minds, using his unique combination of checklists, exercises, informative sidebars, and anecdotes from people who have used this program successfully. Filled with encouraging advice and carefully crafted exercises based on the amazing mind-control

techniques he has developed over many years, Change Your Life in Seven Days is designed to help you make a small yet monumental shift that will, over time, lead you to a brighter and more successful future. All it takes is seven days to turn our lives in a positive new direction. This book will take you there. From the Hardcover edition.

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