

## Instant Confidence Paul Mckenna

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Over the past thirty years, Paul McKenna has helped millions of people successfully lose weight, overcome insomnia, control stress, quit smoking and increase their self-confidence. His TV shows have been seen by hundreds of millions of people in forty-two countries around the world.

[Instant Confidence: The No. 1 Bestseller: Amazon.co.uk ...](#)

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.

[Instant Confidence by Paul McKenna—Goodreads](#)

About Paul McKenna He is the number one hypnotherapist in the world, and is renowned for helping people treat the most difficult problems. Recognized by The Times of London as one of " the world ' s most important modern self-help gurus, " Paul McKenna is the UK ' s most successful non-fiction author.

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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.

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Over the past 20 years, Paul McKenna has helped millions of people successfully quit smoking, lose weight, overcome insomnia, eliminate stress, and increase self-confidence. Dr. McKenna has appeared on The Dr. Oz Show, Good Morning America, The Ellen DeGeneres Show, Rachael Ray, Anderson Live, and The Early Show.

[Instant Confidence: The Power to Go for Anything you Want ...](#)

Instant Confidence › Customer reviews ... Like Paul McKenna says in the book, you probably won't notice the results so much yourself as other people will, like how others notice when you grow taller as a child but you don't. I do think some people will benefit more from this book than others. I am not a very 'visual' person, and you are ...

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Author Biography. Over the past twenty years, Paul McKenna, Ph.D. has helped millions of people successfully lose weight, quit smoking, overcome insomnia, eliminate stress, and increase self-confidence. He is Britain's bestselling non-fiction author, having sold 3 million books in 3 years, and his TV shows and live appearances have been watched and attended by hundreds of millions of people in 42 countries around the world.

[Instant Confidence by Paul McKenna \(Paperback, 2006\) for ...](#)

Here, Paul – who is working on a series of children ' s books to build confidence and happiness – shares a story he wrote with wife Kate. Emphasise words in bold and say them slightly slower. The boy...

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[Instant Confidence | Paul McKenna, Ph.D | download](#)

Paul McKenna PhD is the world ' s leading hypnotist and one of the most successful self-improvement authors of all time. This evening event is a fantastic opportunity to benefit from his years of experience and increase your self-confidence, as he reveals the secrets of mastering your emotions and living with a greater sense of ease and certainty than ever before.

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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 you

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 powerful determination to improve your life? Then let Paul McKenna help you! In this groundbreaking book, Paul McKenna, Ph.D., 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 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 towards life will begin to change! 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 to transform your outlook. You ' ll also receive 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 achieve what you are truly capable of, this book is for you!

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! \_\_\_\_\_ Instant Confidence is changing readers' lives: \*\*\*\*\* 'I felt a huge difference and the sense of positivity and self-belief has been grown since.' \*\*\*\*\* 'I feel I finally have a life again, and can't wait to live it to it's full potential.' \*\*\*\*\* 'Full of tips and exercises which are so simple yet make a huge difference to your confidence and wellbeing.' \_\_\_\_\_ IMPORTANT: IF YOUR DEVICE SUPPORTS IT, YOU WILL FIND AUDIO AND/OR VIDEO IN THIS EBOOK. IF YOUR DEVICE DOES NOT, FOLLOW INSTRUCTIONS TO SAVE THE MATERIALS DIRECTLY TO YOUR COMPUTER, OR TO STREAM VIA YOUR SMARTPHONE OR TABLET. \_\_\_\_\_

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

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.

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.

Previously published: Great Britain: Bantam Press, 2007.

\_\_\_\_\_ \* 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 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!

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

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 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!