



# Psycho-Cybernetics

By Maxwell Maltz M.D. F.I.C.S., Dan S. Kennedy

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Dr. Maxwell Maltz was a renowned pioneer in plastic surgery when he noticed that while the outward changes to his patients were a success, an inner healing and transformation was necessary for them to achieve the life changes they were seeking. *Psycho-Cybernetics* is a masterful synthesis of proven psychological and physiological processes, which took Dr. Maltz 29 years of research and testing to develop. His groundbreaking work, *Psycho-Cybernetics*, has become an all-time classic in the field of self-image psychology.

Since its first publication, this book has inspired and helped millions to achieve ambitious and life-changing goals. Recently revised and updated, this unabridged audio edition of *Psycho-Cybernetics* remains true to Dr. Maltz's visionary approach and proven groundbreaking techniques. These techniques that will lead to a dynamic new self-image, greater self-esteem, and the means to achieve a lifetime of success and happiness.

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### Editorial Review

#### About the Author

**Maxwell Maltz, M.D., F.I.C.S.** was one of the most important and renowned authors in the field of psychology. His books include *Creative Living for Today*, *The Magic Power of Self-Image Psychology*, and the bestseller *Dr. Pygmalion*. A brilliant plastic surgeon, he was also an internationally renowned professor and lecturer.

**Paul Michael** has narrated nearly 50 audiobooks and has been nominated twice for an Audie award. Some of his most popular recordings include Dan Brown's *The Da Vinci Code and Inferno*, *The Tristan Betrayal*, *Hollywood Tough*, *Sons of Fortune*, and *Second Spring*. He was born and raised in Vancouver, Canada where he performed on stage, radio, and TV including a regular role on the TV series *The Beachcombers*.

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