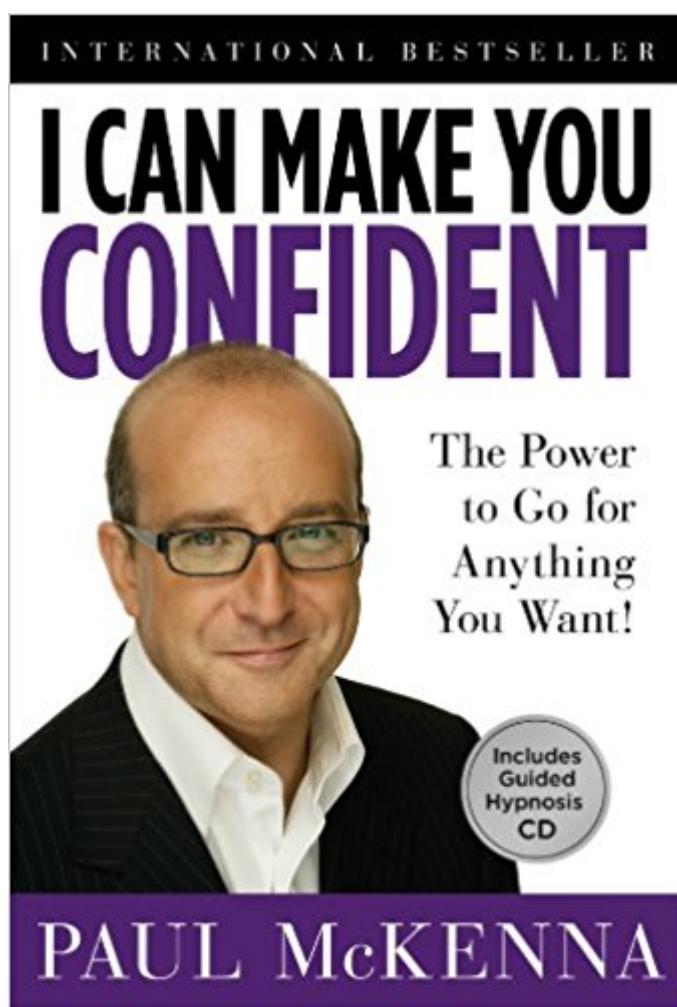


The book was found

I Can Make You Confident: The Power To Go For Anything You Want!



Synopsis

In this breakthrough book and CD, Dr. McKenna demonstrates the latest techniques to stop fear and desperation and create massive amounts of confidence and self-belief instantly, whether it's mastering the fear of public speaking or feeling more self-assured in social, business, and romantic situations. Plus, the book contains a hypnosis CD that will fill your mind with positive thoughts and feelings, so you have Paul McKenna on tap 24 hours a day!

Book Information

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Customer Reviews

This is the second book I've bought from Paul McKenna. I thought, "If anyone can use a bit of confidence at work that's me". So I gave this book a try. What I got was a book full of tips that I could use at work on weekly basis for presentations and phone conferences. It took me a while to complete this book as I caught myself reviewing previously read sections. That usually happened because I noted a tip that I could use immediately at work and I didn't want to lose sight of it. This book is 224 pages book and includes a guided hypnosis CD. This is how the book is organized: Important: About the CD; Prepare for Success! Section One: Developing the Confidence Habit 1. Prepare Yourself for Success 2. What Confidence Isn't 3. Your Amazing Mind 4. The Power of Positive Self-Talk 5. The Motives in Your Mind 6. Use Your Body to Change Your Life 7. Emotional Intelligence 8. Self-Belief 9. You Really Can Do Anything! 10. The 5-Minute Daily Confidence Workout Section Two: Motivate Yourself for Success 11. What Motivates You? 12. Goals, Goals, Goals! 13. Get the Action Habit! 14. The Currency of the Gods 15. Don't Take "No" for an Answer 16. Overcoming Overwhelm 17. Create a Compelling Positive Future 18. Your Daily Action Plan for

SuccessSection Three: Confidence in the Real World19. Public Speaking20. Business Success21. Dating and Sex22. Leaving a Bad SituationSection Four: The Confidence Clinic- Frequently Asked QuestionsA Final ThoughtIndex of TechniquesAbout the AuthorEvery chapter reads like a speech from a seminar and many of them conclude with a simple exercise to reinforce the lesson learned on the chapter.The system in this book is not quite as simple as the four golden rules from McKenna's previous book, I Can Make You Thin. The part that may be equivalent to that is the 5-Minute Daily Confidence Workout in Chapter 10. It puts together five techniques in five minutes:Minute One: Success Highlight FilmsMinute Two: The MirrorMinute Three: Compliment YourselfMinute Four: Push the Confidence SwitchMinute Five: Confidence in ActionThis book also includes some Neural-Linguistic Programming, and acupressure techniques. For example, chapter 16 includes an acupressure technique to addresses what to do when "Life Happens" and you need some reinforcements.Chapter 19 was right for me, Public Speaking. I welcomed the tips in this section and my presentation skills have improved quite a bit as for other people to notice. McKenna breaks down the lesson into three steps:1. Manage your state2. Know your content3. Speak with passionAs with the previous system, I find the CD relaxing; I even awake full of energy. The hypnotic suggestions within the CD are geared toward reinforcing the lessons learned from the book.In all, I can say I'm satisfied with the results. So if you need a boost in your confidence, this book may be for you.

I had made it a key goal of mine to become more confident in certain aspects of my life. After some research and reading of reviews, this sounded like the perfect purchase to help me achieve my goal. I took up listening to the audio CD daily for over a month and went through the chapters one at a time to ensure I absorb and apply the material sufficiently. However, I didn't notice any difference in my level of confidence in work or personal situations. One may think I'm impatient but Paul McKenna promises on page 1 that "your life will dramatically improve" after just 1 week listening to the CD. I have occasional bouts of confidence that typically occur after something particularly positive takes place, but that was already the case prior to reading the book.Having said this, I wouldn't be surprised if the book and CD work well for some people--in particular for those who are more susceptible to hypnosis. While in college I had witnessed how different people can vary dramatically in their susceptibility to hypnosis and so wouldn't be surprised if the audio CD in particular would do wonders for some though may be almost useless for others.

I had originally bought this book at the recommendation of a close friend who had told me that it had

helped him immensely, and I was at a point that I would just about anything to feel better. As others may have pointed out in previous reviews, this book does not replace counseling, but it can be a good companion to counseling, or like me, a stepping stone for counseling. As someone who has taken many psychology courses, there was overlap from what I had already learned and like some reviewers had mentioned, there is some common knowledge advice in this book. Although, looking at my copy of this book, there are several page flags that I have placed in different chapters of the book and used to have it next to my bed for reading. I did find that the ideas presented were helpful to me and gave me perspective into my own life and helped me explore and question why I felt the way I did about certain things and how could I reframe my thinking more positively or even just how to communicate better with others. I do think this book really did help me gain perspective in different facets of my life, which was worth it in its own right. The exercise techniques listed at the end of each chapter weren't something that I really utilized or found beneficial personally, but they could help others in re-framing their mindset and the cd, while I found it to be calming to listen to before bed and to help me fall asleep, it also felt a bit creepy and don't feel that it helped as much as the book did, but my friend swore that the cd helped him a great deal so to each their own. Overall, I did find this book helpful, and even though I haven't picked it back up in a while I still think about some of the chapters in my daily life and think that it helped me when communicating with others. No, as the book, boldly touts, it did not make me confident, but it did bring me closer to learning to be confident.

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