

I Can Make You Happy Paul Mckenna

Paul McKenna, Ph.D.

I Can Make You Happy Paul McKenna, Ph.D.,2016-09-06 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!

I Can Make You Sleep Paul McKenna,2017-05-02 With over 30 years' experience in helping people successfully change their lives for the better, Paul McKenna Ph.D. is perfectly placed to help you beat insomnia for good. This accessible guide - demystifying sleep, offering simple tips for change and including a free hypnotic trance download - is all you need to banish sleepless nights for good. What people are saying... 'This excellent book was a life-saver for me' -- ***** Reader review 'To all insomniacs, GIVE THIS A TRY' -- ***** Reader review 'Amazing man, amazing processes, amazing book, amazing results!' -- ***** Reader review 'I don't know how he does it but this really does work!' -- ***** Reader review

***** Would you like to sleep really well? Would you like to stop your mind racing and feel calm? Would you like to stop the disruption of waking in the night? Would you like to know what to do if you wake up in the night? Would you like to be able to sleep when you want to? Would you like to awaken full of energy? THEN THIS BOOK AND AUDIO DOWNLOAD ARE FOR YOU! We spend nearly a third of our lives sleeping. However, more people are suffering from insomnia than ever before. Paul Mckenna has made a remarkable 20 year study of tackling insomnia. He has developed a unique, easy system that everyone can use to improve the quality of their sleep. In this book, he shows you how easy exercise and simple changes in your thinking and behaviour can have a significant impact on your sleep. This book also comes with a hypnosis download code that re-sets your body's natural

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I Can Make You Thin Paul McKenna,2017-05-02 'I lost weight long term and re-established a relaxed relationship with food. I honestly believe diets don't work. Paul McKenna's method does!' Kirsty Young _____ * Would you like to eat whatever you want and still lose weight? * Would you like to feel really happy with your body? * Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? * Do you get disheartened about your eating habits and your weight? Then this amazing enhanced ebook with embedded audio can help you! _____ Welcome to a revolutionary way to stop overeating, control cravings and feel totally motivated to take exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes and beliefs about yourself, your health and food to help you easily take control of your diet and lose weight permanently. As you use Paul's amazing system, the latest psychological techniques will automatically help you to start losing weight straight away! You can use it again and again to make you feel happier about yourself as you go all the way to your ideal shape, size and weight. _____ I Can Make You Thin is changing readers' lives! ***** 'So simple but so effective . . . if you want to lose weight and keep it off forever please pick up this book!' ***** 'This book has changed my life . . . It's not just the physical differences of eating less and losing weight . . . I am ridiculously calm and confident.' ***** 'The results have been outstanding . . . I feel better - I feel like a different person - and I look different.' _____ 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.

I Can Make You Rich Paul McKenna,2017 Previously published: Great Britain: Bantam Press, 2007.

I Can Make You Happy Paul McKenna,2017-05-02 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.

_____ 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? Then this book and hypnosis download are for you! It doesn't matter whether you are sad, bored, down, depressed, doing all right or quite happy - the system in this book will help you become a lot happier. Paul McKenna has spent the last 25 years studying and developing ways to make people happier and has created a system that has an immediate, extraordinary and measurable

effect upon people's happiness levels. Recent scientific research shows that happiness levels are not fixed. To increase your happiness levels takes a small amount of regular effort over a few days, following simple instructions and using some powerful psychological techniques. The human mind is like a computer. It has its own software, which organises your thinking and behaviour. Almost all human problems are caused by negative programmes running in the unconscious mind. The hypnosis download with this book helps you remove negative thinking and installs positive programmes which seek out and magnify the factors which create your happiness. You don't need faith in this system. Happiness is not a matter of luck or belief, it is created by particular ways of thinking and acting. Use this book, take control of your life and increase your happiness today! THIS EBOOK CONTAINS A CODE TO DOWNLOAD THE HYPNOSIS AUDIO.

I Can Make You Smarter Paul McKenna, 2012 Following the huge success of his blockbuster weight-loss program, McKenna has created a groundbreaking new book-and-CD set that reveals the secrets of getting regular, deep, refreshing sleep--and banishing insomnia for good.

Seven Things That Make or Break a Relationship Paul McKenna, 2020-02-13 ***FEATURED ON THE ONE SHOW*** Do you want a happy, fulfilling relationship? Do you want a wonderful future with your partner? Do you want to use the proven scientific principles that make relationships work? Over the past thirty years, Paul McKenna PhD has worked with people facing the biggest challenges in life and some of the most successful people in the world. Now, in this new book, he is turning to one of the most important subjects of all - relationships. Drawn from decades of scientific research, the system in this book includes downloadable audio and video techniques. Everything that Paul McKenna would do in personal session with you on relationships is in this system. The powerful processes provide the answers for anyone who wishes they could make their relationships last, and wants them to get better and better. It provides practical solutions and techniques for personal change that open the way to a stronger, loving future. Sometimes just one significant change can transform a relationship. Here, you can learn all Seven Things that Make or Break a Relationship. *Includes FREE audio and video downloads. IMPORTANT: Before purchasing, please be aware that you will need to use a computer to download this content*

I Can Make You Thin Paul McKenna, Ph.D., 2016-01-05 Would you like to eat whatever you want and still lose weight? Would you like to feel really happy with your body? Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? Do you get disheartened about your eating habits and your weight? Have you tried every diet and it made no difference long-term? Then this amazing system is for you! Welcome to a revolutionary new way to stop overeating, control cravings, and feel totally motivated to exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes, and beliefs about yourself, your health, and food to help you easily take control of your diet and lose weight permanently. As you use Dr. McKenna's unique book and audio system, the latest psychological techniques will automatically help you to start losing weight right away! You can use it again and again to make you feel

happier about yourself as you go all the way to your ideal shape, size, and weight.

Change Your Life In Seven Days Paul McKenna, 2017-05-02 The No. 1 bestseller Over 3 million copies sold worldwide
'Discover your true potential and become the person you really want to be.' 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. Reprogramme your mind and become successful, healthy and happy!
What readers are saying about *Change Your Life in 7 Days*: ***** 'Changed my life . . . practical things to do each day to teach you the principles in practice.' ***** 'My mindset is different now and I know my life is going to keep getting better and better. Amazing results already.' ***** 'You will learn how to take control of your emotions, deal with the stress's in your life with more ease, focus on your dreams, bring more of what you want into your life . . . You really can change your life in 7 days!' 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.

I Can Make You Thin Paul McKenna, 2010 Would you like to eat whatever you want and still lose weight? Would you like to feel really happy with your body? Are you unable to lose those last 10 pounds? Do you find it difficult to say no to second helpings? Do you get disheartened about your eating habits and your weight? Then this amazing book and CD can help you! Welcome to a revolutionary way to stop overeating, control cravings and feel totally motivated to take exercise. Paul McKenna has developed a breakthrough weight-loss system that re-patterns your thoughts, attitudes and beliefs about yourself, your health and food to help you easily take control of your diet and lose weight permanently. As you use Paul's amazing system, the latest psychological techniques will automatically help you to start losing weight straight away! You can use it again and again to make you feel happier about yourself as you go all the way to your ideal shape, size and weight.

I Can Make You Confident Paul McKenna, 2010 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.

The 3 Things That Will Change Your Destiny Today! Paul McKenna, 2016 What if you could change your whole life for the better--in just a few hours? Paul McKenna, Ph.D., has spent 25 years working with people from all walks of life and helping them to change their lives for the better. He has investigated nearly every method of therapy, coaching, and personal change

available--and now he has made a breakthrough: an amazing new system that yields dramatic results with both large groups and one-on-one clients. If you're ready to: *Have infinitely more power over the direction of your life . . . *Uncover the secrets of luck, confidence, and motivation . . . *Feel like you are the master of your own destiny . . . *Become the person you were born to be then let Dr. McKenna help you! He has discovered and crafted a simple set of processes that anyone can be guided through in a matter of hours. In this book, which includes free downloadable audio and video sessions, he shows you how to clear the past of blocks or negative experiences and get in touch with the core of who you truly are so you can live more happily in the present. His powerful, practical techniques help you connect with what you really want and focus your mind and body to fulfill your destiny!

The Hypnotic Gastric Band Paul McKenna,2017-05-02 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. DO YOU WANT TO LOSE WEIGHT? HAVE YOU TRIED DIETS AND FAILED? DO YOU WANT A COMPLETELY NEW APPROACH? A Gastric Band is a radical, surgical operation that reduces the available space in the stomach. Paul McKenna's Hypnotic Gastric Band is a psychological procedure that can help to convince the unconscious mind that a gastric band has been fitted, so the body behaves exactly as if it were physically present. HOW DOES IT WORK? Along with the book, the system contains a link to download the hypnosis audio and an instructional video to provide complete support for physical and psychological change whilst you lose weight. There's no physical surgery, no scarring and no forbidden foods. Just follow all the instructions and let Paul help you lose weight. THIS EBOOK CONTAINS A CODE TO DOWNLOAD THE AUDIO AND VIDEO.

Get Control of Sugar Now! Paul McKenna,2017-01-12 With over 30 years' experience in helping people successfully change their lives for the better, Paul McKenna Ph.D. is perfectly placed to help program your mind to gain control over cravings and make healthier choices. This accessible guide - offering simple tips and exercises for change and including a free hypnotic trance download - is all you need to reduce your sugar intake and take the first step towards a healthier lifestyle. What people are saying: 'I have lost 1/2 a stone in a month with just doing this' -- ***** Reader review 'My biggest addiction is sugar, and after a whole week of listening to the mind programming audio included, I found myself making better choices and eating less sugar' -- ***** Reader review 'What can I say but McKenna does it again' -- ***** Reader review 'One of the best books by Paul Mckenna, so savvy and yet so simple and applicable. A must read' -- ***** Reader review
***** Do you have an insatiable sweet tooth? Are you chained to cravings you can't control? THEN THIS BOOK AND AUDIO DOWNLOAD ARE FOR YOU! Paul McKenna has spent years researching and developing a system to that can help you get more control over sugar and make healthier choices. SCIENTISTS AGREE - SUGAR IS KILLING MORE OF US EVERY DAY! Now you have a choice. This book will walk

you step by step through a series of simple yet powerful techniques to help you learn how to gain control over cravings and embark on a healthier lifestyle. In addition, the book comes with a free hypnosis audio download which uses the latest psychological techniques to reset your mind and change the way you relate to certain foods. Each time you listen, you will be programming your mind for success. 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.

Quit Smoking Today Without Gaining Weight Paul McKenna, Ph.D.,2016-03-22 Are you worried about how smoking is damaging your health? Do you want to quit smoking, but worry that you'll gain weight? Would you like to stop cravings in a matter of moments? Have you tried to quit before, only to start again? If quitting was easy, would you do it today? THEN LET PAUL MCKENNA HELP YOU! Over the past three decades, Paul McKenna, Ph.D., has developed a unique approach that makes quitting surprisingly easy. Through the simple conditioning techniques revealed in this book and downloadable hypnosis session, you can retrain your mind and body so you no longer need cigarettes and actually feel better without them. Better still, you are highly unlikely to gain weight in the process! It doesn't matter if you've smoked all your life, if you've tried to quit many times before, or if you don't believe this system will work for you. All you have to do is follow Dr. McKenna's instructions fully and completely and he can help you to feel free of cigarettes.

Freedom from Emotional Eating Paul McKenna, Ph.D.,2015-12-29 Emotional eating is the number-one cause of obesity in the Western world. In a society that fails to meet our human needs, millions of people medicate themselves with second-best solutions—drinking, drugs, shopping, and the Western drug of choice: eating. But Paul McKenna has cracked the code! Just when I thought there was nothing more to learn about weight loss, I have discovered the most amazing breakthrough ever, says Dr. McKenna. It's the fastest, safest, most powerful way ever to change the systemic imbalances that cause overeating. This breakthrough will change what you eat, improve how you feel, and massively increase your success in every area of your life. This amazing new system gets beneath the issue of weight loss to eradicate the root cause of overeating. The program in this book, with downloadable video and audio NLP and guided hypnosis techniques, brings about dynamic, lasting change—a gentle breakthrough that transforms your body, your relationship to food, and your entire life one day at a time to bring you freedom, success, and a sense of security and joy that is currently beyond what you can imagine. Paul McKenna can help overweight people escape from the unsatisfying cycle of frustration and self-medication with food. He can help them find the inner strength to feel confident and happy so they can stop being taken advantage of by the hate-your-body diet industry and feel an inner sense of peace, comfort, and control even in the most challenging situations.

Instant Confidence Paul McKenna, Ph.D.,2016-05-24 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!

Feel Happy Now! Michael Neill,2008-01-01 In his bestseller *You Can Have What You Want*, NLP master trainer Michael Neill revealed the practical benefits of cultivating inner happiness for creating tangible real-world success. Now he reveals the "how" of happiness—simple, effective ways to beat stress, overcome anxiety, move beyond depression, and reap the rewards of feeling happy in spite of it all. Inside, you will find: • The Happy Formula—three simple steps that will enable you to feel good, feel better, and feel happy in any situation • Why unhappiness is not the enemy—and paradoxically, is one of the keys to feeling good on an ongoing basis • The Permission Principle—overcoming the biggest obstacle to a happy life • Specific, proven techniques for making stress, anxiety, and fear a thing of the past • Behavioral Prozac—be your own doctor with these unofficial prescriptions for happiness, health, and well-being Whether you're in search of a quick pick-me-up or lasting change, you'll find that this book is packed with everything you need to put the power of happiness to work in your own life!

Control Stress Paul McKenna, Ph.D.,2017-08-08 Would you like to be able to relax and still keep your edge? Would you like to feel in control of your life? Would you like to take the pressure off and feel good? Then let Paul McKenna help you! Based on over 20 years of research, this book contains cutting-edge psychological techniques that will automatically create feelings of calm alertness for you to access whenever you choose. You will learn how to transform your life from a place of peace, freedom from worry, and inner strength. The book includes a downloadable guided hypnosis session that will help you reprogram your mind to control stress, build up your inner strength, and bring more joy, power, and happiness to everything you do. The book and audio session work together as a complete breakthrough system—a totally natural way to improve your quality of life.

Range David Epstein,2019-06-27 'A goldmine of surprising insights. Makes you smarter with every page' - James Clear, author of *Atomic Habits* The essential guide to improving your performance, and a powerful argument for how to succeed in any field: develop broad interests and skills while everyone around you is rushing to specialize. The instant Sunday Times

bestseller From the '10,000 hours rule' to the power of tiger parenting, we have been taught that success in any field requires early specialization and many hours of deliberate practice. If you only dabble or delay, you'll never catch up with those who got a head start. This is completely wrong. In this landmark book, David Epstein shows you that the way to succeed is by sampling widely, gaining a breadth of experiences, taking detours, experimenting relentlessly and juggling many interests – this is the power of developing range. Studying the world's most successful athletes, artists, musicians, inventors and scientists, Epstein demonstrates why, in most fields, generalists, not specialists, are primed to excel. Range has challenged the status quo, reshaped career paths and changed lives. Read it to view the world differently. Shortlisted for the Financial Times/McKinsey Business Book of the Year Award 'I loved Range' – Malcolm Gladwell, author of Outliers 'Fascinating . . . if you're a generalist who has ever felt overshadowed by your specialist colleagues, this book is for you' – Bill Gates, founder of Microsoft

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