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Paul McKenna Ph.D. is the world's leading hypnotist and Britain's most successful self-improvement author. In this groundbreaking

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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.

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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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DeGeneres Show, Rachael Ray, Anderson Live, and The Early Show.

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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.

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## Paul McKenna

Emphasise words in bold and say them slightly slower. The boy...

~~Read the kids a Paul McKenna bedtime story to make them ...~~

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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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