



Change Your Life in Seven Days: The World's Leading Hypnotist Shows You How

Paul McKenna , Michael Neill (Editor)

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Sadjad Abedi says

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?? ???? says

Totally Amazing!

Debbie says

Successful people make plans, not the beautifully highlighted in pink and yellow with coloured shapes drawn over the top but one you create from within yourself. I did mine in a motorway services carpark where I had stopped for a rest. The CD is an important part yet I can't get mine to skip to the sections. It always starts at the beginning and I am totally relaxed after three minutes. Maybe I will leave it playing just so I can hear what is at the end!

Lisa says

The tips and advice in this book are great! This book will definitely help but you need to have a positive attitude and the belief in yourself as well as in what McKenna writes.

I keep this book on my "active" bookshelf at home. It is one of a few I turn to whenever I start heading to my negative side. It's a must have for anyone that suffers from depression and/or anxiety.

Lois says

This will give you an insight into my fleeting mind. It comes with a CD, and to be honest I had a bit of a freak-out whilst i was supposedly "meditating". If you have taken any LSD, Amp's, weed, mushy's.. don't listen to the CD. It didn't really change my life, just made me realise that i have taken way too many drugs and that my mind should remain confined to "reality" and not altered, even if McKenna tells me it will improve my quality of life. I am only one action away from a mental ward ;0)

Benjamin says

At first, this sounds like an interesting and educative book. But when I got further in the book, it felt rather

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Zerrin says

2018'in ilk kitabın? bitirmi? bulunmaktay?m. Oldukça ba?arılı? buldum. Hakk?nda yaz? gelecek.

Di says

Great book, it did inspire me back when I read it as I was looking for a job and was unemployed so was very helpful in that respect. I need to read it again though.

Tesschoi says

THE new book by Paul McKenna, CHANGE YOUR LIFE IN 7 DAYS, is in my opinion, one of the best self development books this year.

Paul McKenna is world leader in self development coaching and hypnotist, he has several books regarding self image and weight lost, also created several course and programs to facilitate with his teachings. You can find more at <http://www.paulmckenna.com>

The book is very easy read, and it comes with the meditation CD, and DVD, on the program where the author himself demonstrate and facilitate the reader to practice the techniques from the book to reprogram your mind to work for you.

The book reminded me of Tony Robbins' UNLIMITED POWER, which I highly highly recommend anyone who wants to live a more fulfilled and powerful life. But McKenna simplified some of the scientific side of the mind power, and went straight to the points where he wants the readers to work on their minds immediately after reading the short chapter (thus, 7 days stood true).

This book can really change your life in a short 7 days, especially if you don't usually read this kind of books and take the exercise within seriously and work on your mind daily. of course the author can tell you all you need to know, but if you do nothing about it, nothing will be changed. So, it is totally up to the reader how bad they want to change for the better life. The book has done a great job as far as the "how to"s is regarded.

I have just finished the book and did the exercise as I read it, now I want to go back to the exercises (in my notes) and practice them daily. Your life might not have any big changes right after you did your first set of

exercise, but it does change your perspective on all things in your life, and thus help you to get into the habit of living the moments fully. Which I think is vital to live a fulfilled life to anyone, you have to be able to appreciate now, wherever you are whatever you are going through, in order to live a happy life no matter what the circumstance.

Overall, the book did what it claimed to do and the author, once again, shared what he knows on improving people's lives.

If you are interested to find more on the self development material and to really truly want to change your life for the better, while make 100% commissions. (no kidding or fluffing) you can find out by clicking the links below and /or watch the FR.EE Vid on this site.

[Http://www.weirdmarketinglesson.com/jc](http://www.weirdmarketinglesson.com/jc)
[Www.tessandjoon.com](http://www.tessandjoon.com)

??? ?????? says

I love Paul McKenna seriously I do .. I have all his books and read most of them , I even have his quit smoking book although I don't smoke .. yeah that's how much I love him .. this book was a summary of all his previous books put in a neat way in a form of seven days , the problem was I felt all the information I read was just a repetition from his previous books , nothing new in the exercises but the articles were so good and he is a really great man .. I do recommend this book to whoever didn't read anything for Paul McKenna before .. you will sure enjoy this book so much

Zoe says

I got this book out of the library and really enjoyed it, even though these books are usually laughable fluff you can't help but glance through.

But, yes, I think it really did change my life. I have several of the catch phrases mentioned in the book - such as: there is no such thing as failure only feedback - on my vision board! When in certain situations they pop into my head.

Also, a few of the visualisation exercise I found really helpful. There is one to combat worrying, and I have used it over and over again.

The CD is actually more fun than you think. Learning to relax and breathe is probably worth it in itself. Trouble is everytime I put the thing on I fall asleep before the end! ;o)

