



I Can Make You Happy

Paul McKenna

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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 CD 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 CD 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!

I Can Make You Happy Details

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From Reader Review I Can Make You Happy for online ebook

Laura Reading says

For those of you who are skeptics, give this a try before you totally dismiss these techniques.

Paul has written this book in very non-technical language so the concepts are easy to understand by all and easy to follow by those willing to put in the effort.

Many of the exercises and techniques I have been exposed to in medical learning sessions.

If you are familiar with tapping or eye movement therapies, you may be more open to what is contained in this book. Hay House and Paul have provided bonus content that I will use regularly.

Are these ideas new? Not particularly. Do the practices work? Absolutely.

What's the catch? It is that the choice is yours. You can be taught any number of concepts and techniques but unless you follow the instructions, choose to give the results time to develop, unless you give them even the slightest opportunity to work, you block your own success.

I did receive a copy of this book via Netgalley to review.

I do own his book on changing my thoughts to eat healthier.

Alice says

I really like the style of this book - no fuss, or padding, just solid practical advice and exercises. The only thing I would say is that I found the sheer number of exercises slightly overwhelming, but maybe that's just me. How am I supposed to remember them all?! Overall though, I'm excited to incorporate the exercises and the audio CD into my daily life & hopefully gain lots of benefit over the coming weeks/months.

Matt Nandlal says

Great book on improving mood, with a sound psychological academic base and also accessible reading to everyone.

A Page of Fictional Love says

Amazing book and so practical to improve your happiness levels

Emilia says

This book is a waste of time, I am not even sure, why I read it. It is also written in a very patronising manner aka "I know you don't feel like doing it, but you have to". I am yet to see a truly depressed person (and I have been one myself) that will want to read anything even close to this book. Also, if you are as depressed, as he

describes you could be, why would you want to get out of bed and perform his little exercises and tasks? It takes more than "imagine there is a silver thread coming out of your head" to cure someone who is depressed and make them feel truly happy again.

Tooma.m says

I've read this book long time ago and from what i remember is that i enjoyed the book at first then things seemed to repeat it self again and again.

i guess three stars are fair.

Paul Cresswell says

I have been a fan of Paul Mckenna for a fair few years and bought a few of his tapes. Yes tapes. I am that old. With the inception of the Internet things changed and moved on since then.

I can make you happy isn't a miracle cure you have to work at it and work hard. You have to help yourself. The book is accompanied by a hypnosis file which can be downloaded from a link within the book. Now I will admit that some of exercises are a bit wacky and its a long process so I haven't tried everything, but the techniques I have tried are simple and surprisingly effective.

A interesting book that will make you look at yourself and if you follow Paul Mckennas instructions, will make you happy.

Ahmad says

Really there is not much of new things I have learned from this book in terms of "The Art of Happiness". Most of this book is common sense. This is not a bad things though since I do not practice these common senses. It was a good reminder to me to what can give me a greater level of happiness and enjoyment. Other part of the book is about some techniques to practice feeling good. Some of it NLP and some of it not. I love the technique and I do part of them about five minutes every day to post my happiness :) What really I loved from the book is the CD it comes with. I do not know what is it, but I feel really great when I listen to it. I have other hypnotic CDs by Paul (Change your life and I can make you happy) but this one by far is my favorite.

At the end, the book is very good and simple. You do not need big ideas to change your life. Sometimes it is the simple things that can change your life. If you get the book just for the CD it will be with it in my opinion.

Geoffrey says

This book had a few basic concepts that you could take or leave and helps give some perspective to specific feelings that are holding you down. I applied the concepts, and while they are not some kind of miracle work, they did help to lessen the pull of the specific feeling.

Lee Anne says

There are many simple exercises in this book that are designed to increase your feelings of calm and relaxation. There are also good, basic bits of advice (e.g., exercise for 20 minutes a day) that have been shown to increase feelings of happiness. However, a good part of the book relies on the idea of visualization, the value of which seems more symbolic than practical to me, and I don't think I could perform any of those exercises without being guided in person by a professional; they just seem too silly, for me anyway. I did enjoy the CD, though, and I will listen to it again.

Pixie says

Reading this was a real emotional journey. Lots of exercises to return to.

??? ????? says

Another excellent book from my favorite author of all times .. it really helped me a lot a must re-read to practice the exercises in the book .. god bless you paul mckennna

Kathie says

I thought this book was very helpful. So many books are available that say the same things but in a different way. This book was different because of the exercises throughout the book, all clearly described/illustrated. The exercises range from simple calming exercises to exercises for training your mind to see things differently. I think the reason some do not feel they get anything from the book is that they do not follow his advice. He states more than once in the book that you can't just do an exercise once and move on. You must do the exercises multiple times to really get them right and feel what you should feel from them. The CD is a nice bonus, very calming. Get the book, read it, then read it again.

Jerry says

Just a quick note of Thanks for the incredible growth that I have experienced working with your book "I Can Make You Happy". When I started your book my life was at rock bottom. After reading it four times now, applying the exercises, and listening to the Mind Programming CD on a daily basis I have been seeing some

amazing things happen in my life. My job is booming at a frightening however wonderful rate. My marriage is greatly improved. My wife and I are connecting at a much deeper level. I am feeling more confident in myself, I am more disciplined in my life and all of my relationships are much better. The biggest surprise is that I have a closer connection with God then I have ever had. Not bad progress for someone that has a history of failing over and over again. Thank you so much. I owe a great debt of gratitude for the work you do.

Joe Emery says

Another great book from McKenna. Great life-changing techniques!
