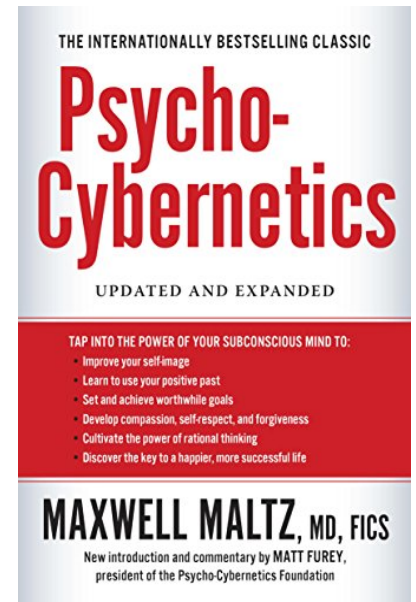


Psycho-Cybernetics Book Summary (PDF) by Maxwell Maltz

Ready to learn the most important takeaways from Psycho-Cybernetics in less than two minutes? Keep reading!



Why This Book Matters:

Psycho-Cybernetics explains the way humans see themselves and how that can affect their ability to accomplish their goals.

The Big Takeaways:

1. **The way we live is a direct result of how we see ourselves.**
 1. If Our self-perception dictates the outcome of our life.
2. **We are caught up seeing the bad things about ourselves.**
 1. When we believe we are destined to fail, we will fail. We have to break this trance and rethink the way we think of ourselves.
3. **Our nervous system cannot tell the difference between our imagination and reality.**

1. If our body can remember that success, whether it was imaginary or real, it will continue to repeat the things needed to create that success again, which is why self-perception is so important.
4. **Success is spelled out for you.**
 1. A sense of direction, understanding, courage, charity, esteem, and self-confidence build a personality ready to succeed.
5. **Allow your true self to shine by taking care of your emotional health.**
 1. You must continue to nurture your heart, your mind, and your spirit to advocate for your true self.

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