



I Can Make You Happy

By Paul McKenna

Transworld Publishers Ltd. Paperback. Book Condition: new. BRAND NEW, I Can Make You Happy, Paul McKenna, 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...



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