

## Instant Confidence Paul McKenna

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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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Over the past thirty 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 10 million books in the last 10 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.

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In addition, Paul will give you a FREE 'Instant Confidence' book which also gives you a FREE hypnotic trance download that uses the latest psychological techniques to fill your mind with positive thoughts and feelings. Each time you listen, you will be reinforcing positive optimism and programming your mind for success.