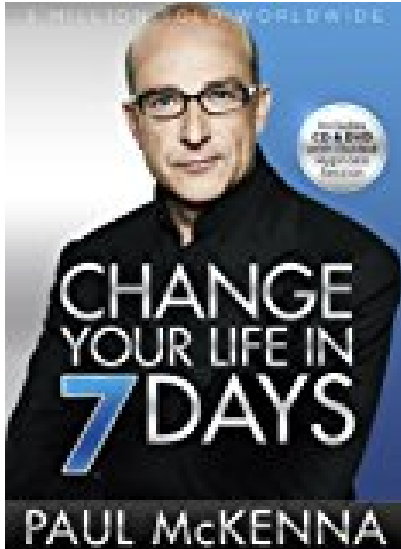


# Change Your Life in 7 Days I Can Make You

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## BOOK DETAILS

- Author : Paul McKenna
- Pages : 288 Pages
- Publisher : Sterling
- Language : English
- ISBN : 1402765738

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## BOOK SYNOPSIS

Success and happiness are not accidents that happen to some people and not to others. They are created by specific ways of thinking and acting in the world. Paul McKenna has made a study of highly successful and effective people, and distilled core strategies and techniques that will help the reader to begin to think in the same way as a super-achiever. Learn how to master your emotions and run your own brain, how to have supreme self-confidence and become the person you really want to be. Paul McKenna's simple seven-day plan really will change your life for ever. Brilliantly effective self-improvement, in the bestselling tradition of Unlimited Power and The Seven Habits of Highly Effective People.

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