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Instant Confidence Paul Mckenna

Over the past 20 years, Paul McKenna has helped millions of people successfully quit smoking, lose weight, overcome insomnia, eliminate stress, and increase self-confidence. Dr. McKenna has appeared on The Dr. Oz Show, Good Morning America, The Ellen DeGeneres Show, Rachael Ray, Anderson Live, and The Early Show.

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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 this groundbreaking book, Paul McKenna, Ph.D., reveals the secrets of mastering your emotions and living with a greater sense of ease and certainty than ever before. You will learn how to push the "off" switch on fear and desperation and create huge amounts of confidence and motivation in just a few moments.

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Paul McKenna - Change your Life in 7 Days, All Apps within One

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.

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