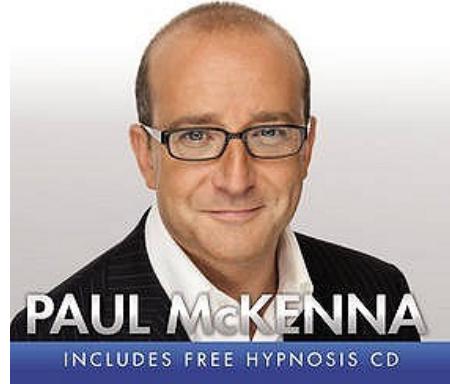


CONTROL STRESS

STOP WORRYING AND FEEL GOOD NOW!



PAUL MCKENNA

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Control Stress

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- Would you like to be able to relax and keep your edge?
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- Would you like to take the pressure off and feel good?

Then this amazing new book and hypnosis CD is for you!

Based on over twenty years of research, this book contains cutting edge psychological techniques that will automatically create feelings of calm alertness for you to access whenever you choose. You will learn how to transform your life from a place of peace, freedom from worry and inner strength.

The book also comes with a hypnosis CD that will help you to re-programme your mind to control stress, build up your inner strength and bring more joy, power and happiness to everything you do. The book and CD work together as a complete breakthrough system - the totally natural way to improve your overall quality of life!

Control Stress Details

Date : Published (first published 2009)

ISBN : 9780593056295

Author : Paul McKenna

Format : Paperback 160 pages

Genre : Self Help, Nonfiction, Personal Development, The United States Of America

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From Reader Review Control Stress for online ebook

Andrea Allen says

Brilliant book. Quick easy read with lots of solutions and techniques to help with stress and anxiety. Certainly a book I will read again.

Abdulmajeed Bin madhi says

good

Sarah Calderwood says

It works!

Vanessa says

I have a strange sort of fascination with self-help books, although I very rarely buy them. The reason for this? Because I can never really find one that I think will genuinely help me, as I don't believe in the content.

Paul McKenna has written a myriad of self-help books, but I'd never really considered buying one of them before. The covers aren't really all that appealing are they? However, I was suggested this book by a friend, and had also heard very positive feedback on another of his books, a weight-loss one, from a friend whose mum had used it - and it actually worked!

The main appeal of this book was of course the hypnosis CD. I've always been interested in hypnosis, and had a desire to be hypnotised, and so of course I leaped at the chance to try this one. After two rounds of the CD, I can happily report that I felt myself slip into a semi-trance both times - it was one of the strangest feelings I have ever encountered, and a little alarming at first, but I'm excited to start using it every day! I feel like if I use it daily it will genuinely begin to make a difference in me.

I haven't had a chance to try the various techniques in this book yet, apart from one or two, because I wanted to completely read through the book first. However, I'm looking forward to going back to the book and dipping in and out of the various techniques that I feel will help me at the time. I really enjoyed the way it was written, in a very simple and almost personal style, and it was a simple read that I definitely enjoyed.

Here's hoping a little down the line this book will make a difference, particularly with coursework and exams on the horizon!

(edit: Also, I love the fact that there's a 14 day gratitude journal in the back of this book, and I fully intend to use it once April starts! :D)

Samya says

David Bryan says

I found this book to be very enlightening, although Paul McKenna does concentrate on one channel of therapy, a lot of what he says does make sense. Very readable and easy to follow. Well worth reading.

Priya says

3.5 stars rounded up to 4

The book has some useful tips and tricks to reduce anxiety and is written well. My only complaint is that the book was too short and didn't talk about CBT techniques at all.

Dr says

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Polly Tiller says

A very comforting book to read. Easy to read. Free audio downloads. I've enjoyed all Paul McKenna's books that I have bought. I got the one on getting rich. I wrote a book to get rich. "I Need an Exorcism". But life is never as planned.

Anyone who suffers from worries and panic attacks will be helped by 'Control Stress@...'.

Ahmed Hossam says

For me this book was average.

I didn't get much out of it because the information is so basic and can be found in any other self-help book.

Simmy says

Good set of techniques really enjoyable and knowledgeable book.

Sara Branmore says

I like the premise of his books. Unfortunately, I'm a stress-seeker, so it's hard for me to de-stress using any methods! Maybe a sledge-hammer to the head would do it... just sayin'

I can't remember if this came with a CD - but if it did, I tend to find myself memorizing the lines and that, my friends, creates stress (for me!) I have quite a few of Paul's other titles too (so that's why I wasn't sure if this title came with a CD or not).

Joe Emery says

Great techniques here. Even if you only go on to use one of the techniques then it'll be worth it.

Danielle Woodbridge-johns says

excellent, very simple to follow and accessible for all.

Sarah AlFozan says

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