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## **Audiolibro Psicocibernetica Maxwell Maltz**

Maltz said that the first of his books, *Psycho-Cybernetics: A New Way to Get More Living out of Life*, was published in 1960 and became an instant bestseller. It was the first book of the present century to sell more than one million copies, and has sold over three million copies since its publication in 1969. The second edition was published in 1973, and it is still widely read and studied today. Although the book is a self-help book, it does not recommend drugs, but instead suggests psychological techniques for overcoming emotional and psychic problems. However, Maltz was charged in 1985 with writing obscene letters to two psychiatrists who were conducting a private study of his ideas. He was fined \$10,000 and sentenced to five years probation. The psychiatrist accused of receiving the letters was stripped of his license to practice, and Maltz left the NIMH and set up the National Institute of Psycho-Cybernetics. In his book, Maltz discussed thirty years of work with patients, characterizing the patient as a victim and an entrepreneur. He thought that patients using the principles of Psycho-Cybernetics would become successful people, in turn, helping others. *Psycho-Cybernetics* (1960) is a system that helps the self-image and improves success. It looks at the therapy of a person to help him/her to expand beyond previous automatic beliefs into healthier ones. Dr. Maltz, a plastic surgeon, gave technical advice on exercises in the book to help the individual set up his or her self-image and said he believed in a person's right to be happy.

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