

Self Mastery: Through Conscious Autosuggestion (Paperback)

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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication. (Prof. Maya Hand)

SELF MASTERY: THROUGH CONSCIOUS AUTOSUGGESTION (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The Coue method centered on a routine repetition of this particular expression according to a specified ritual-preferably as much as twenty times a day, and especially at the beginning and at the end of each day. When asked whether or not he thought of himself as healer, Coue often stated that I have never cured anyone in my life. All I do is show people how they can cure themselves. Unlike a commonly held belief that a strong conscious will constitutes the best path to success, Coue maintained that curing some of our troubles requires a change in our unconscious thought, which can be achieved only by using our imagination. Although stressing that he was not primarily a healer but one who taught others to heal themselves, Coue claimed to have effected organic changes through autosuggestion.

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