

***Change Your Life in 7 Days* by Paul McKenna**

For those who might not be aware, Paul McKenna built a very successful career on British TV as a hypnotist/entertainer, before becoming an international celebrity. In recent years he has moved on to helping others to improve their lives. This book is one of a growing series of books aimed at a wide spectrum of problems.

Introduction:

Imagine relaxing with your eyes closed, while a soothing voice tells you what a **great** person you are...

The CD included with Paul McKenna's excellent book does just that! But there's much, much more to his book than a hypnotic CD. It is no less than a detailed plan for changing your life – ***and keeping it that way!***

Overview:

As you might expect, the book is set out in seven chapters - Day One to Day Seven – progressing from basics to conclusion.

Each chapter discusses in some considerable depth why we think and act the way we do, and how we can change the negative aspects of our personality and behaviour, with 'exercises' – some written, some mental – which will help us make those changes.

Used in conjunction with the relaxation CD on a regular basis (preferably daily), you should begin to see improvements from day one.

Be prepared for some in-depth personal analysis. This is the hard bit, and you need to be totally honest with yourself – because the only person you'll be kidding is yourself!

Likes:

The clear, concise, information and explanations, laid out in manageable-sized chapters.

McKenna's personal touch. He signs off each chapter as if writing a letter to you, personally. This is not some remote academic treatise – it's about ***you***.

He also describes his personal background to the book, and his reasons for wanting to help others succeed as he has done.

McKenna doesn't pull his punches. He tells it like it is, and whether you believe him or not, his methods work! All you have to do is commit to applying his advice and instructions, and not being afraid of succeeding. Yes, really! Don't fear success! You may not be a good hypnotic subject (I'm not): but the real secret is **repetition** - re-programming your brain with good habits to replace the bad habits.

Dislikes:

None, really. My personal reaction was emotional – my heart said, **YES! I want to *do* this!** My head groaned, Oh, no! I'm gonna have to do some ***work!***

Verdict:

RECOMMENDED. This could work for you. If you want to make changes in your life, you are going to ***have to make*** changes in your life! Otherwise you will still be doing what you're doing now and going nowhere 10, 20 30, 50 years from now. What a terrifying prospect...

Additional Information:

If you are interested in this or any other of Paul McKenna's publications, visit his website [here](#)

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