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About Paul McKenna He is the number one hypnotherapist in the world, and is renowned for helping people treat the most difficult problems. Recognized by The Times of London as one of “the world’s most important modern self-help gurus,” Paul McKenna is the UK’s most successful non-fiction author.

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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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Like Paul McKenna says in the book, you

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probably won't notice the results so much yourself as other people will, like how others notice when you grow taller as a child but you don't. I do think some people will benefit more from this book than others. I am not a very 'visual' person, and you are ...

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04.55 EST Buy Instant Confidence by Paul McKenna at the Guardian bookshop Look into my eyes, look into my eyes, the eyes, the eyes, not around the eyes, don't look around my eyes, look into my...

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Author Biography. Over the past twenty 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 3 million books in 3 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.

~~Instant Confidence by Paul McKenna (Paperback, 2006) for ...~~

Here, Paul – who is working on a series of children's books to build confidence and happiness – shares a story he wrote with wife Kate. Emphasise words in bold and say them

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slightly slower. The boy...

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Paul McKenna PhD is the world's leading hypnotist and one of the most successful self-improvement authors of all time. This evening event is a fantastic opportunity to benefit from his years of experience and increase your self-confidence, as he reveals the secrets of mastering your emotions and living with a greater sense of ease and certainty than ever before.

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