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sports in playing the piano in conversation  
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painfully and consciously thinking out

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Psycho Cybernetics: A New Way to Get  
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“Human beings always act and feel and perform in accordance with what they imagine to be true about themselves and their environment.” Dr. Maltz begins with a preface describing a bit of the

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book introduced Maltz's views that people must have an accurate and positive view of themselves before setting goals; otherwise they will get stuck in a continuing pattern of limiting beliefs.

**The New Psycho-Cybernetics: Maxwell  
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