



# Maximize Your Potential Through the Power of Your Subconscious Mind for Health and Vitality

*Dr. Joseph Murphy*

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Dr. Joseph Murphy's classic book *The Power of Your Subconscious Mind* was first published in 1963 and became an immediate best seller; it was acclaimed as one of the best self-help guides ever written. Following the success of this work, Dr. Murphy lectured to thousands of people around the world, and millions tuned in to his daily radio program. In his lectures, he pointed out how real people have radically improved their lives by applying specific aspects of his concepts. Now, these lectures have been combined, edited, and updated in six audio books that bring Dr. Murphy's teachings into the 21st century and provide listeners with his proven tools on how to program their subconscious minds so that they can radically improve their lives. In this audio book, Dr. Murphy explains that illness and debility result from believing that you're subject to them. Your subconscious mind accepts whatever you or others impress upon it. If you focus on ideas of sickness and weakness, you'll experience infirmity. On the other hand, if you feed your subconscious thoughts of strength and wellness, you'll be strong and healthy. In these pages, you'll learn how to give your deeper mind only suggestions that heal, bless, elevate, and inspire you-and reject those that lead to failure, illness, and despair. You'll be shown how to override negativity and plant uplifting ideas in your subconscious that will make you vibrant and healthy.

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