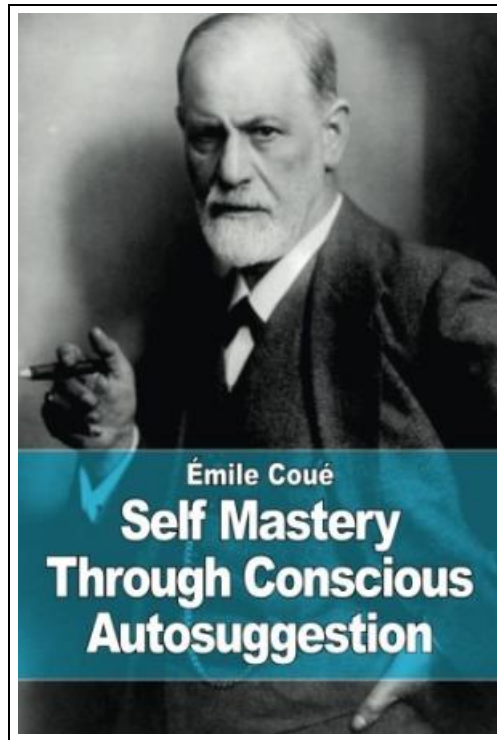


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Coue method centered on a routine repetition of this particular expression according to 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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