



## Self-Help: Find Your Self to Help Yourself

*Max Kirsten*

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# Self-Help: Find Your Self to Help Yourself

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In *Self-Help*, Max Kirsten distils the powerful transformative techniques and processes he used to rebuild his life following two decades of chronic addiction. Max now combines these techniques with mind re-programming hypnotherapy to help thousands of people step out of their problems and become their own solution.

Combining his unique vision with personal anecdotes and exercises that anyone can try, Max offers you the opportunity to help yourself find the unlimited power and resources you hold within. Amaze yourself with what you CAN do!

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