Paul McKenna PhD

World's Leading Hypnotist, Expert in the Power of the Human Mind

"Paul has helped millions of people successfully quit smoking, lose weight, overcome insomnia, eliminate stress, and increase self-confidence"

Paul McKenna is an international bestselling author. His books have sold more than ten million copies and have been translated into 32 languages. Recognised by The Times of London as one of the world's most significant modern self-help gurus, McKenna is the UK's most successful non-fiction author. His book "I Can Make You THIN" holds the record as the best-selling self-help book in UK history.

TOPICS:

- The Power of the Human Mind
- Hypnotism
- Entertainment
- Awards
- How to Achieve your Goals
- Neuro-linguistic Programming
- Weight Loss

LANGUAGES:

He presents in English.

PUBLICATIONS:

2025	Power Manifesting: The New Science of Getting What You Want
2024	Success For Life: The Secret to Achieving Your True Potential
2023	Freedom From Anxiety
2022	Positivity: Confidence, Resilience, Motivation
2014	Hypnotic Gastric Band: The New Surgery-Free Weight-Loss System
2010	I Can Make You Confident: The Power to Go for Anything You Want

IN DETAIL:

Paul is acclaimed for his innovative approaches to solving difficult personal and psychological issues. His techniques blend hypnotherapy, neurolinguistic programming (NLP), and other psychological methods to help individuals achieve weight loss, quit smoking, overcome insomnia, and improve overall well-being. In addition to his writing, Paul is a popular television personality, hosting numerous shows that demonstrate his hypnotherapy techniques. His influence extends globally, as he continues to inspire and educate people on the power of the mind and personal transformation.

WHAT HE OFFERS YOU:

As a hypnotist, Paul McKenna helps you to understand how to run your own brain and how to install positive new 'software' in the brain using simple and highly effective visualisation techniques. Paul, however, has put his powers to more use than just entertainment; he is now in great demand as a motivational speaker.

HOW HE PRESENTS:

Paul inspires his audience to feel positive, optimistic, and confident in their true potential, encouraging them to achieve more than they ever dreamed possible. His sessions are uniquely styled, blending humour, fascinating insights, and captivating demonstrations that thoroughly engage audiences.