

Nlp For Children Engaging Nlp

Neuro Linguistic Programming has long been a popular management training tool used in companies all over the world for; Sales, Leadership, Managing people, Managing change, Motivation, Goal setting. NLP For Work gives you access to the latest NLP tools and techniques to help you; Feel confident in the workplace, Access your core skills, Drive your career forward, Learn new skills, Communicate effectively, Give impressive presentations, Write clearly and concisely, Manage reviews and feedback, Network with excellence, Get a win win in negotiations.

How to become an NLP practitioner?or supercharge your coaching skills with NLP One of the most popular methods for helping people achieve their life aspirations?Neuro-Linguistic Programmimg, or NLP, holds the key to remaking one's future. NLP encourages users to re-create the thought patterns common to those who excel, a process that helps gradually weed out negative or habitual thinking. Using the key elements of NLP?developing a coaching relationship, shedding light on patterns, managing emotional states, and shaping an agenda for change?this practical, inspiring guide offers the tools for helping your clients upgrade the quality of their personal or professional lives. Reveals ten powerful coaching questions, ten traps to avoid in coaching, and ten ways to enhance your coaching skills Offers tips on laying the foundation for success and quick win sessions Insights on how to tap into passion and purpose?and making goals come alive Methods for coaching yourself or your team and coaching through conflict Other books by Burton: NLP For Dummies, NLP Workbook For Dummies, and Building Self-Confidence For Dummies Ideal for those working towards becoming an NLP practitioner or master coach, Coaching with NLP For Dummies is a guidebook to life transformation?for both client and practitioner.

How to develop your child's self-esteem. Strategies to build confidence and self-belief, access their skills and lead by example.Judy Bartkowiak is an NLP Trainer and Children's Therapist, author of 'Be a happier parent with NLP' and the 'Engaging NLP' series of workbooks.

NLP for Teachers covers a wide range of practical tools that will enhance your interpersonal effectiveness and classroom delivery. Find out how both your language and your internal processing affects the behaviour of others around you; Learn some amazing tools and techniques; Take your communication skills to the next level

The Really Good Fun Cartoon Book of NLP uses simple (non jargon) language and amusing illustrations to get across the principles of NLP and how people can think about using them in their everyday lives. Knowing when and how to dip into the NLP life skills toolbox is really useful as is the idea that it's all just a learning experience.

Richard Bandler, co-creator of NLP and the man who inspired Paul McKenna to greatness, collaborates with Alessio Roberti and Owen Fitzpatrick to reveal how to unleash your true potential and transform your life.

'A compelling book' - Observer '...an exceptionally clear and comprehensive synthesis of current research findings made readily comprehensible to both parents and teachers' - Dr M Levy in the Foreword to the French edition Mia Kellmer Pringle was commissioned by the Department of Social Security: To prepare a comprehensive document about the development needs of all children, about the ways in which these needs are normally met, and about the consequences for emotional, intellectual, social and physical growth and development of children when, for some reason or another, these needs are not adequately met Whilst the central themes of this classic text remain as relevant as ever, over forty new references have now been added and many passages have been substantially updated to reflect current thinking and to take account of new research. The Needs of Children, published in seven countries, continues to be a principal work in its field and a landmark in our understanding of childhood.

Have you ever wished you could improve your reading, writing, spelling, maths, and your memory and learning skills? This title takes you through a series of simple logical steps which build on each other to enable you or your children to visualise your way to success, developing skills you already possess.

This NLP Practitioner manual is the result of 20 years research and application of NLP by one of its most innovative, practical and results oriented trainers and writers. Peter Freeth has pioneered many recognised developments in NLP's approach and techniques that are now used by countless trainers and professionals, worldwide, including: The flipchart and notepad swishes - loved by trainers, coaches and all professionals for powerful results in any environment The easy way to anchor - succeed every time by discovering how it really works, contrary to what most trainers think Use complex techniques such as the Six Step Reframe and Fast Phobia Cure easily by understanding how to improvise Featuring both the Society of NLP core syllabus and many other popular NLP concepts and techniques, this book will show you how to adapt and apply NLP in any professional environment. There are even chapters on building your professional practice and absorbing NLP into other skill sets, so you really can integrate NLP into your work for the very best results, both for yourself and for your clients. Most importantly of all, this book will help you to understand the underlying structure of NLP's techniques so that you can adapt and use them in the class room, meeting room, board room or even the dining room, all in plain, everyday language.

Some people appear more gifted than others. NLP, one of the fastest growing developments in applied psychology, describes in simple terms what they do differently, and enables you to learn these patterns of excellence. Introducing NLP by Joseph O'Connor, a leading international NLP trainer and the author of NLP Workbook, offers the practical skills used by outstanding communicators. Excellent communication is the basis of creating excellent results. NLP skills are proving invaluable for personal development and professional excellence in counseling, education and business. Introducing NLP includes: How to create rapport with others Influencing skills Understanding and using body language How to think about and achieve the results you want The art of asking key questions Effective meetings, negotiations, and selling Accelerated learning strategies.

This inspiring book by leading voice coach Judy Apps shows you how to awaken the energy of your authentic voice to speak from head, heart, gut and soul. Bringing together knowledge from voice training, NLP, Aikido, Alexander Technique, Bioenergetics, Feldenkrais and other mind-body work, Voice of Inf uence gives you the means to reach people at a deeper level where you'll motivate and inspire. Through this journey of discovery, you will literally 'find your own voice' in all senses of the phrase. Judy will show you how to:

speak more powerfully and influentially; communicate from the whole of you, and reach people at a deeper level; find your true voice rather than just speaking with expression; understand other people better through the sound of their voice. Your voice is uniquely you and reveals more about you than you might imagine. Your whole history is imprinted in your voice. We have all heard of 'body language' this book reveals the 'body language' of sound - 'voice language'. It uncovers many startling new aspects of the human voice and how we communicate - and fail to communicate! Every sound you make gives information about what is going on inside you, and you can use this information both to become a more skilful listener and to communicate with greater impact.

Nlp for Children

The NLP Toolkit is packed with easy to use tools, activities and techniques. Organised in an accessible way and grounded in teacher experience and practice, it provides a comprehensive toolkit that uses NLP techniques to improve all aspects of learning and teaching from using a simple spelling strategy to developing leadership skills. NLP is often described as 'the technology of emotional intelligence'. The NLP Toolkit gives you practical 'how to' ways to develop your own emotional resilience as well as ways to work with children in the area of emotional and social skills. The five sections cover: In the class activities Emotional and social literacy with children Stagecraft and presentation skills Personal development and effectiveness Leading with NLP The NLP Toolkit is the perfect companion to the highly acclaimed NLP for Teachers: How to be a highly effective teacher ISBN 9781845900632 and will be useful for both teachers with experience of NLP and those who are new to the subject.

'OMG! This book is SO me! The tips and stories shared by Ed, Mark and Nicky will help you live a life filled with more fun, joy and enthusiasm!' ALISON HAMMOND, TV Presenter 'Kids are so authentic and there's no reason for us to lose that when we're older. Kids see the wonder and awe in the smallest things every day. Be More Kid reminds us how important it is to bring out the best in ourselves and how we can do that in way that also brings out the best in others.' BEN SHEPHARD, TV Presenter 'This book gives you the tools to bring the belief, energy and passion you had as a child into your current life with transformational results.' SARAH STIRK, TV Presenter, Sky Sports & Entrepreneur THIS ISN'T JUST ANOTHER SELF IMPROVEMENT BOOK. Have you ever felt there must be more to life? Do you feel unfulfilled? Have you felt stuck, not knowing how to move forward and found yourself settling for less than you deserve? AND IT ISN'T ABOUT HAVING TO CREATE A NEW YOU. Since childhood you've had all of the resources that you need to create the life that you want, and over time you've simply lost touch with them. Now is the time to find them again. With expert guidance from broadcaster and entrepreneur, Ed James and behaviour and relationship experts, Mark & Nicky Taylor, you'll rediscover your sense of purpose, reconnect with what is important to you and find out how to unlearn unhelpful habits and behaviours. Employing simple tools and techniques you can use each day, Be More Kid shows you how to: Enjoy a meaningful and fulfilling life Stop overthinking and build resilience in a challenging world End the conflict of putting everyone else before your own needs Rediscover the contentment, enthusiasm and zest for life you had as a child If you are ready for a new approach to your happiness, relationships and your future, Be More Kid will guide you through the journey, one step at a time.

Between 13 and 19 we become adults and pass from the relatively protected home and family base to the street with our friends. Along the way we take exams, make hugely important decisions about school, work and relationships and we make mistakes. These mistakes can help us develop as mature adults or they can set us back and leave us lacking in confidence and unable to achieve our potential. This book gives you some helpful tips and information about how to harness what you are good at so you can manage what you are not good at and make it better. Content includes; Confidence how to get it and keep it; Non verbal communication eg appearance; Verbal communication and getting what you want; Managing exam stress; Getting a job; Relationships and sex

Judy Bartkowiak has combined working in a wide variety of jobs with bringing up four children and believes that the most important attributes mums need are; self belief; outcome thinking; flexibility; positivity; the ability to prioritise. These skills are covered in this book along with plenty of different ideas of paid work that you can combine with having a family and having the time to enjoy them.

Do you struggle to lose weight and wonder why? Do your bad habits and lack of confidence hold you back? Do you find yourself repeating bad patterns of behavior? Fix Your Lifewill show you how easy it can be to rid yourself of life's irritating problems by using the latest psychological techniques of NLP. This is an ideal introduction to the subject, as the author Alicia Eaton cuts through the technical jargon that's usually associated with NLP and explains how the techniques and strategies used by some of the world's most successful people, can easily be incorporated into your daily life. As well as explaining how our minds work and why it's so easy to fall into bad patterns of behavior, the author presents the NLP techniques as 'Apps for the Mind'. So, just as you'd download an App for your phone or computer to expand its' capabilities, you'll now be able to download an 'App for your Mind' to enable you to achieve more than ever before. Client stories from the author's Harley Street practice demonstrate how to fix fears and phobias such as public-speaking or fear of flying; deal with bad habits such as shopping addiction or Facebook obsessions and even apply your very own hypnotic gastric band to combat overeating. Readers are encouraged to view this book as a 'first aid kit for the mind' that can support them, plus friends and family, for many years.

This book fits neatly between NLP for Children and NLP for Teens, covering as it does that Tween 10-15yr age group which sees children develop into young adulthood. Children become independent, responsible and resourceful because they spend most of their time away from home and the family. They need to be equipped with confidence, motivation and good communication skills. This book will teach them NLP tools and techniques to manage: transition into secondary school; onset of puberty; growth of personal

responsibility; relationships with boys/girls; schoolwork and exams; peer group pressure; weight issues; bullying.

This is a book covering the key models and concepts of Neuro-Linguistic Programming from its origins to its application in our everyday life. It also provides the reader with questions and exercises to promote reflection and to start putting their learning into practice.

The secret to great writing lies in learning how to alternate between three mindsets: Dreamer, Realist and Critic. The author will tell you exactly how to get into each mindset and how to apply it. This book will teach you the NLP models for creativity, tenacity and meticulous attention to detail. Read this book and you'll know how to write persuasively, hypnotically and prolifically.

Are you new to Neuro-Linguistic Programming? Do you want to understand what makes you and others tick? Then read the best-selling Teach Yourself NLP for straightforward access to this powerful form of applied psychology.

This best-selling book is an easy-to-read guide for parents, using the latest thinking from the fields of positive psychology, NLP and hypnotherapy to help children overcome bedwetting more easily. The seven-day programme also comes with downloadable hypnotic audio recording 'Dry Beds Now', which is filled with positive suggestions to make changing this unwanted habit easier. This fully revised and updated edition includes improvements to the system, thanks to years of results and research from parents, GPs and Consultant Paediatricians. In surveys over 70% of children achieved dry nights following this system, and 85% of parents would recommend this system to others.

In 1934, at the age of 30, B. F. Skinner found himself at a dinner sitting next to Professor Alfred North Whitehead. Never one to lose an opportunity to promote behaviorism, Skinner expounded its main tenets to the distinguished philosopher. Whitehead acknowledged that science might account for most of human behavior but he would not include verbal behavior. He ended the discussion with a challenge: "Let me see you," he said, "account for my behavior as I sit here saying, 'No black scorpion is falling upon this table.'" The next morning Skinner began this book. It took him over twenty years to complete. This book extends the laboratory-based principles of selection by consequences to account for what people say, write, gesture, and think. Skinner argues that verbal behavior requires a separate analysis because it does not operate on the environment directly, but rather through the behavior of other people in a verbal community. He illustrates his thesis with examples from literature, the arts, and sciences, as well as from his own verbal behavior and that of his colleagues and children. Perhaps it is because this theoretical work provides a way to approach that most human of human behavior that Skinner often called Verbal Behavior his most important work.

Are you being held back from achieving your goals? Does fear of failure stop you from getting outstanding results? NLP (neuro-linguistic programming) is a set of powerful psychological techniques that can help you have more of what you want and less of what you don't want. Jeremy Lazarus, a Certified NLP Master Trainer, shows you how to use the language of your mind to change your patterns of behaviour for the best. Taking a fresh practical approach, it gets you started quickly and shows how NLP can be used across work, sport and relationships. This book will help you: Achieve your goals faster Apply NLP to all aspects of your life Communicate and negotiate better Change negative behaviour and beliefs Move from good to excellent All of this comes in an easy-to-digest concise book so you can learn how to use NLP fast. Also available in the Successful series: Successful Business Plans Successful Customer Service Successful Finance Successful Marketing Successful Presentations Successful Sales Successful Time Management Successful Websites

"Your superpowers are real, not make believe." When seven-year-old Ollie's brand new trainers get stolen by bullies, he feels too scared and embarrassed to tell his mum. Luckily, Ollie's friend Mr Wilcox knows how to keep a secret. Once Ollie confides in Mr Wilcox about the shoes, Mr Wilcox decides to let him in on a secret of his own... He has superpowers, and Ollie can have them too! Meet Courage, Bravery, Strength and Calm - just a few of Ollie's very own superpowers. Under the guidance of Mr Wilcox, Ollie learns that he can control his superpowers in order to overcome his fears, starting with those bullies.

Since its Californian beginnings a generation ago, Neurolinguistic Programming (NLP) has won world-wide recognition as probably the most powerful set of tools available for improving communication, thinking and problem-solving. Derived from the study of leading practitioners in fields as disparate as psychotherapy and selling, NLP is now used extensively in business, management, human resource development and sport. Dr Alder's Handbook brings together in one volume the ideas and skills involved in applying NLP to achieve superior performance at both the personal and the professional level. Part 1 sets out the underlying principles and introduces key concepts such as outcomes, representational systems, anchoring, modelling and reframing, together with the techniques required for putting them to work. Part 2 shows how to use NLP in training, selling, negotiating, interviewing, coaching and presentation. Throughout the text there are examples and exercises designed to help readers profit from, rather than simply understand, the procedures described. Other valuable features include a glossary of terms and a sources and resources section containing an annotated reading list and details of organizations offering NLP training. Anyone seeking a comprehensive guide to NLP theory and practice need look no further.

Have you ever wanted to convince others of something you believe in, but failed to do so? Do you often feel misunderstood or like others disregard what you have to say? Would you like to establish strong, lasting connections with others? If you're someone who wants to master the power of persuasion while improving yourself and your communication style along the way, then this book is for you! Neuro-Linguistic Programming (NLP) describes how the brain works [neuro], how we use language in different scenarios [linguistic], and how we can master behavior patterns with time [programming]. But more importantly, NLP is the science behind how people work. Good news is, you're about to learn the

essentials about human behavior, how using simple gestures, words, and actions can sway people to your point of view, as well as how to make changes in your lifestyle in order to do all this effectively. Psychology scholar, Albert Mehrabian, reveals in his book, *Silent Messages: Implicit Communication of Emotions and Attitudes*, the 7%-38%-55% rule. This rule shows how words make the least meaningful aspect of communication (only 7%). The other 93% consists of non-verbal communication - the tone of our voice, our facial expression, our body language, and so on. Beyond self-discovery and the ability to advance, NLP teaches individuals how to master these non-verbal cues, allowing us to utilize the skills of excellent communication to the fullest. In this book you'll discover: - How to use the 10 time-tested NLP techniques to kick start your effective persuasion skills (even if you already know a lot of the common tricks!) - The 5 keys to interpreting human behavior and thought through body language - What psychologists know about influencing others...and how you can apply this knowledge no matter your situation - The 1 magical method you need to alter your negative behavioral patterns for good (and how you can achieve this in no time) - How to directly influence the behavior of others by using the best words and gestures to get your points across effectively - How learning to ask these 5 key NLP questions will help you make the right choices to empower yourself and others (no matter the situation!) - The secrets behind the most charismatic people that make them stand out from the crowd (and how you can match them using this one simple trick) - The absolute 6 worst things you might be doing to harm your chances of creating the rapport and connections you need to succeed (and how to avoid these mistakes at all costs if you want to finally be effective and compelling!) ...and much, much more! NLP is for anyone- but especially for those wanting to see their interpersonal strategies flawlessly executed, influence strengthened, connections made, rapport built, communication mastered, and the world with all its possibilities ready for the taking! So if you're ready to master the art of communication, create stronger rapport and influence others, while understanding better how you and others operate in the world, click "Add to Cart" now!

There is a brighter future ahead of you – and it starts right here, right now. It doesn't matter how your life has been so far. It doesn't matter what's happened in the past. All that matters is now. Change can happen in an instant and making changes, even really big ones, can be much less scary than you might imagine. All you need is to change your thinking - and this book explains how. *Change Your Life with NLP* uses powerful tools and techniques from the tried and tested field of neuro linguistic programming to reveal how you've got to where you are and what might be holding you back or stopping good things happening. You can use NLP to: - determine what you want in life - find the perfect partner or career - boost your confidence - increase your happiness - banish anxiety - drop bad habits - lose weight (and keep it off) - get out of debt - improve your relationships with everybody and much, much more. In fact, once you understand what's going on in your unconscious mind, and have shifted your thinking, every area of your life will start to benefit! This new edition includes three brand new chapters on using NLP for influence and persuasion, becoming more self-aware and identifying and understanding your priorities.

Every child, every family situation is different and parenting is a journey of constant change. There are no "right answers", only what works for you and your family. This book will give you a toolkit of practical NLP (Neuro Linguistic Programming) methods flexible enough to cover all situations. It focuses equally on the needs of you, the parent, as well as your child and will help you: get your family life running more smoothly; understand your children; support and encourage them and their development more effectively; recognise and meet your own needs so you can be more resourceful in family life; feel more confident and positive so you can have fun and enjoy being a parent more of the time! Rather than giving prescriptive advice, *Happy Kids Happy You* will enable you to develop your own solutions to situations. You will learn to speak and behave more positively with your children and experience outstanding results!

There is a new powerful and gentle approach to overcoming life's problems. Experience the accounts of people whose lives have been changed and whose dreams became realities by tapping their own inner power to change with neurolinguistic programming. NLP offers techniques for a wide range of problems including unwanted habits, guilt, grief, weight loss, abuse criticism, shame, stage fright and phobias. NLP also offers ways to enhance self-esteem, improve relationships, become more independent, create positive motivation, eliminate allergic responses, and promote self-healing.--From publisher description.

In this sequel to her best-selling introduction *NLP at Work*, Sue Knight focuses on how to model what really works in business to make it really work for you

We all want our children to grow up in a safe and happy world where they will learn and play, make friends and be free of stress, don't we? If only that could be the case for all our children. Sadly though they experience changes they find difficult to cope with, pressures too onerous to bear and sadness we can't magic away with a hug. I have written this book for you to work through with your child aged 5-11yrs. This book will teach them about; Self Esteem; Setting goals; Controlling their mood; Managing criticism; Coping with change; Coping with grief; Making friends (rapport) Learning styles (VAK).

Parenting is not an idea, concept or belief. It's a process and therefore is neither static nor fixed in time that results in something special being created. *The Parents' Handbook* provides you with tools, techniques, insights and approaches to improve the way you communicate, to be available emotionally and physically and to successfully fulfill the different roles expected of you as a parent.

What do the NLP Masters know that the rest of us don't? Do they have a secret recipe for success? Is there a special alchemy at work? 'The Secrets of the NLP Masters' reveals the 50 things you need to know to excel in the workplace and out of it, just as if you were an NLP expert. Some will surprise you, and all will inspire you. Put these 50 simple strategies together and you have a recipe for success, a proven formula that will unlock the secrets and uncover your potential.

Creative, thought provoking and frequently humorous, this book offers you the chance to laugh, smile and sing your way through the NLP world. Created with the NLP learner in mind, it is neither an explanatory text nor a transcript. It is a series of twenty original stories and ten rap songs combining to provide a unique and entertaining approach to illustrating and teaching NLP. Most major topics within NLP are covered, including rapport, outcomes, anchoring, linguistics and presuppositions. A series of chapters, written as e-mail correspondence between two women, exemplify several change techniques. The light, metaphorical touch of the author belies the technical excellence and density of the content. He uses his skills as an NLP trainer and his empathetic understanding of the human condition to provide the reader with an unparalleled experience. Each story and song can be read in isolation and each has many informative messages for the NLP student. Equally, the stories in the book can be enjoyed and appreciated by those with little or no NLP background. The characters and storytellers in the book include - dogs, gods, vegetables, computers, coaches, therapists, men and women on their various journeys and, of course, the occasional unicorn. This book is destined to be the necessary companion to all NLP journeys. It will make you smile.

The recent pandemic has turned family life upside down. Now, more than ever before, children and teens are experiencing anxiety, low self-esteem, fear, and a host of other, unfamiliar feelings. This book aims to give parents and those who work with children the tools to help them overcome these difficulties and to enable them to express themselves, and to build emotional intelligence and resilience. Children and teens are given the means to believe in themselves with unconditional love and acceptance, empowering them to achieve all they wish for in life. Understanding Children and Teens shows the reader how to use Neuro Linguistic Programming, and Emotional Freedom Technique as well as mindfulness and Art Therapy in order to connect with children and teens to help them overcome their problems. With clear explanations, examples, and easy-to-follow exercises, this book will enable those who care for children to gain valuable insight into their world, and to understand what they are thinking and feeling. This practical guide is aimed at parents, teachers, coaches, and everyone who works with children and teens and is informed by the author's experiences of working with t

What's standing in the way between you and the person that you wish to be? Maybe you don't have the ability to master your emotions and find it hard to respond appropriately in times of stress. Perhaps you're crippled by fear and anxiety that limit your ability to take the risks necessary to achieve success. You might suffer from low self-esteem due to past hurts and bad experiences and feel powerless or self-conscious at work or in social settings. Or it could be a health problem that is keeping you from living life to the fullest. No matter what separates you from the person that you are and your ideal self, there is one single powerful way to bridge the gap and transform your life: Neurolinguistic Programming. NLP Neuro Linguistic Programming is the process of modelling the behaviours and adopting the attitudes that allow you to break bad habits, improve your self-image and realise your full potential. NLP hypnosis has transformed the lives of millions of people like you, but that type of therapy can be expensive and take years to produce results. There are countless NLP guide books and courses available to help you benefit from Neuro-linguistic Programming and self hypnosis at home. Most provide only a tiny sliver of information, making it necessary for you to spend thousands to fully master neurolinguistics to improve your life. Fortunately, there is a better way for you to experience the transformative benefits of NLP - The NLP ToolBox: Your Guide Book to Neuro Linguistic Programming is the answer. In just 142 pages, The NLP ToolBox covers what you would take you years of study elsewhere to discover about Neuro Linguistic Programming. This powerful NLP guide has already helped many people like you realise their goals and start living the lives that they have always dreamed of having. This easy-to-read, comprehensive guide to neurolinguistics will teach you:

- How to use mind tools to develop your sense of personal power
- Techniques for bolstering your self-esteem with the Love Cycle
- A trick that can turn around the worst of days in just 3 minutes
- The secret to muting negative self talk
- How to increase your motivation to earn more money and accomplish your goals
- The key to overcoming phobias in just 5 minutes
- More than 90 other secret Neuro-Linguistic Programming techniques that will radically alter your life for the better

The power to master your emotions, boost your self-esteem, increase your self power and transform your life is already within you. Tap into it with the power of Neurolinguistic Programming.

This much anticipated volume continues the tradition of Volume I, the Practitioner course manual. The authors now invite you to reach beyond Practitioner to Master level to develop the very spirit of NLP. "... the quintessential self-study course on advanced NLP." Judith E. Pearson PhD

Be A Happier Parent with NLP will give you exactly the skills you need to raise a confident, secure child in a confident and secure manner. It uses the tried, trusted and proven techniques of neuro-linguistic programming to help tackle areas in which you feel you lack confidence as a parent, while at the same time giving you the skills to help your child be happy, fulfilled and confident themselves. You will find yourself feeling less guilty, more in control, and communicating better with your child - at the same time you will be able to support your child in difficult situations and help them grow into a well-rounded adult.

Richard Bandler, co-creator of NLP and the man who taught and trained Paul McKenna, joins forces with Alessio Roberti and Owen Fitzpatrick once again to give you the tools to change your life.

Neurolinguistic programming (NLP) involves a range of psychological techniques that help you to 'reprogram' your brain – replacing the negative attitudes that hold you back with positive thought patterns that will enable you to be more effective, confident and successful. In just under 20 simple steps, Neil Shah shows you how to use NLP to develop new habits of behaviour and thought that will help you succeed in all areas of life, from influencing others and understanding how they influence you, to achieving your goals, to managing stress.

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