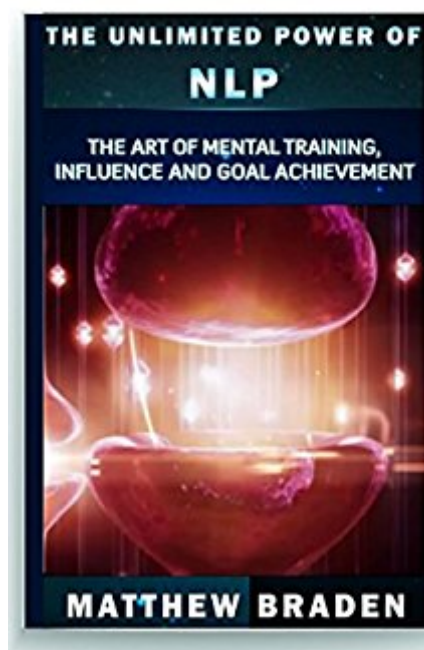


The book was found

NLP: The Unlimited Power Of NLP: The Art Of Mental Training, Influence And Goal Achievement (NLP Techniques, NLP Confidence, NLP Leadership) (Neuro-Linguistic Programming)



Synopsis

"The empires of the future are the empires of the mind" - Winston Churchill

NLP or Neuro-Linguistic Programming is an approach to personal development and psychotherapy founded by Richard Bandler and John Grinder in the 1970s. It has been variously described as "the structure of miracles", "a paradigm shift in psychology" and "the art of communication excellence", descriptions which show how effective it is. Thanks to the numerous seminars and books by the founders over the past 30 years, it has spread throughout the world. Today, NLP is being widely used not only in psychotherapy but also in the fields of education, business, law and health. However, as Richard Bandler mentions in his book "Trance-Formations of NLP and the Structure of Hypnosis", NLP is not confined to a specific area. Instead, it can be used successfully in any field of life, since it doesn't just teach you how to handle specific situations; rather, it challenges and totally changes your world view! This book will introduce you to NLP: what it is, how it originated and how it can help you change your life and achieve your goals. It will challenge your established concepts and will force you to rethink what you've taken for granted throughout your life. This book is, thus, an attempt to make the power of NLP available to everyone. Whether you've got the above-mentioned goals in your mind or you simply want to find out what NLP is all about, this book is perfect for you. If the book manages to better the life of even a single person, I'll consider it to be a very successful book.

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Customer Reviews

This is a great guide for anyone wanting to incorporate NLP in their life. Braden goes over the history and basic principles of NLP and how to use the principles to change your thoughts. This book has some great techniques on anchoring and how to get rid of bad memories and replace them with good ones through this process. Having just started using NLP myself, this is a great one to keep in the library.

Short and sweet....this is what this book is all about. It gives you some of the techniques of NLP to help you to change your life NOW! It is a good read and if you apply what you read, it will change your life. If you are already into NLP or know some of NLP, then this book will give you a summary of what you can do. I like the section on Success. The 4 qualities (optimism, resilience, focus and determination) is something we all have to strive for. Well done!

Concise guide to NLP. Practical, informative and straight to the point. The exercises suggested had great impact. I would recommend this book as a beginner's guide to NLP.

This is a great intro to NLP! And I really like the simple explanations to the major patterns. Even those with more advanced understanding will benefit from this fresh perspective.

Good book

Good book to help you understand yourself and others better. I'll probably read it a few more times to really grasp the knowledge and put it into action.

This is a nice, easy intro to nlp. I found it informative, but to get more detail, I'm going to need other resources.

Good light straight forward yet profound to the point read. I would recommend this book to anyone interested in NLP.

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