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Neuro-linguistic programming (NLP) is about increasing your options instead of being restricted by your experience and saying, 'this is the way I do things, and this is how it has to be.' To benefit from NLP, be bold, and open yourself up to questioning and challenging your norms. Taking Personal Responsibility to Empower Yourself

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Free of intimidating jargon and packed with lots of easy-to-follow guidance which you can put in to use straight away, Neuro-linguistic Programming For Dummies provides the essential building blocks of NLP and shows

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you how to get to grips with this powerful self-help technique. Highlighting key NLP topics, it helps you recognize and leverage your psychological perspective in a positive fashion to build self-confidence, communicate effectively and make life-changing decisions with confidence ...

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Neuro-linguistic Programming For Dummies by Romilla Ready ...

This book is a good introduction to the concept and practice of neuro-linguistic programming. It is a version that is made for "dummies" like me. Romilla Ready started by defining what NLP is, and how it helps a person in daily life. I like concepts like 'clean language' that she introduced in the second half of the book.

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cooking a meal, or reading a book
depends on how we control our
nervous system.

What Neuro-linguistic Programming Means - dummies

Kate are the authors of the best-
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Furthermore, a coach well trained in NLP could use the power of sub-modalities to enhance even more the visual, kinesthetics or auditory representations (neuro-linguistic programming for dummies). An example of this would be: Coach: Now that you see the cover of your book, make those colors brighter, the cover shinier. Is the book small or large?

Neuro Linguistic Programming (NLP): An Indispensable Tool

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Neuro-linguistic Programming (NLP) is a commonsense system of everyday psychology that has enhanced million of lives. By showing you how to monitor and adapt your thinking, NLP can help you break free from negative thoughts and cultivate more useful inner beliefs about yourself and your world.

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She's also the bestselling author of four other Wiley books including Neuro-linguistic Programming For Dummies and Live Life, Love Work. Read an Excerpt. Click to read or download. Table of Contents Introduction. Part I: Introducing NLP Coaching. Chapter 1: Combining Coaching and NLP for Great Results.

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Neuro-linguistic Programming For Dummies | Kate Burton ...

NLP is a powerful model of psychology and management, incorporating the subconscious mind, the power in intention, body language, and the spoken word. In this "Dummies" book, you will get a very general overview of NLP - enough to whet the whistle, and a little more.

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Free of intimidating jargon and packed with lots of easy-to-follow guidance which you can put in to use straight away, Neuro-linguistic Programming For Dummies provides the essential building blocks of NLP and shows you how to get to grips with this powerful self-help technique. Highlighting key NLP topics, it helps you recognize and leverage

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your psychological perspective in a positive fashion to build self-confidence, communicate effectively and make life-changing decisions with confidence ...

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Recognising Your Unconscious Values. Recognising How You Distort Thinking

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programming (NLP) has taken the psychology world by storm. So much more than just another quick-fix or a run-of-the-mill self-help technique, NLP shows real people how to evaluate the ways in which they think, strategise, manage their emotional state and view the world. This then enables them to positively change the way they set and achieve goals, build relationships with others, communicate and enhance their overall life skills. Sounds great, right? But where do you begin? Thankfully, that's where this friendly and accessible guide comes in! Free of intimidating jargon and packed with lots of easy-to-follow guidance which you can put in to use straight

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Programming For Dummies provides the essential building blocks of NLP and shows you how to get to grips with this powerful self-help technique. Highlighting key NLP topics, it helps you recognize and leverage your psychological perspective in a positive fashion to build self-confidence, communicate effectively and make life-changing decisions with confidence and ease. Includes updated information on the latest advances in neuroscience Covers mindfulness coaching, social media and NLP in the digital world Helps you understand the power of communication Shows you how to make change easier If you're new to this widely known and

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heralded personal growth technique—either as a practitioner or homegrown student—Neuro-linguistic Programming For Dummies covers everything you need to benefit from all it has to offer.

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an impact on many aspects of your life: from helping you change your negative beliefs, to building rapport and influencing others, to taking charge of the direction your life is taking. Take your understanding of NLP to the next level, and reap the benefits. Neuro-linguistic Programming Workbook For Dummies includes:

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- Recognising How You Distort Thinking
- Developing Personal Rapport
- Managing Your Emotions and Experiences
- Changing Habits and Modeling Success
- Recognizing What Works
- Adapting Language with Metamodeling and the Milton Model

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NLP has a simple premise: take someone who's good at something, model how they do it and learn from them. This way it is possible to understand the thought processes common to excellence in any field and weed out negative or habitual thinking. Neuro-Linguistic Programming techniques extremely popular in many areas including business, education, sports, coaching, counselling, personal development and relationships. Neuro-linguistic Programming for Dummies avoids the jargon of many other books and provides both the basic essentials for the beginner and advanced theory for experienced NLP readers

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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 Programming, 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

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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.

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By the team behind the best-selling *NLP: The New Technology of Achievement* comes an essential new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step handbook. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind *NLP: The New Technology of Achievement*, one of the best-selling NLP books of all time, comes *NLP: The Essential Guide to Neuro-Linguistic Programming*. Written by three NLP Master Practitioners and training coaches, including the president

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become better at managing your feelings instead of being dominated by them, managing your motivations, being less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected. Chapters on “Personal Remodeling” (Discovery 9: No inner enemy) and “Secrets of Making Your Point” (Discovery 31: Convey understanding and safety without talking), enhance creativity, collaboration, cooperation, and communication. Through “mind reading” techniques—non-verbal communication, and “hearing what’s missing”—learn the secrets of relating with others, understanding how they are thinking—and influencing them. A

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streamlined all-purpose guide for both newcomers and NLP veterans, *NLP: The Essential Guide to Neuro-Linguistic Programming* is the new all-in-one, eye-opening blueprint for your own ultimate success.

Neuro-Linguistic Programming (NLP) studies brilliance and quality—how outstanding individuals and organizations get their outstanding results. Joseph O’Conner, a leading international NLP trainer and co-author of the bestselling *Introducing NLP*, offers a step-by-step guide to learning the NLP methods and techniques to help you become the person you want to be in the *NLP Workbook*. The *NLP Workbook* is a complete guide to NLP that

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includes: How to create and achieve outcomes How to choose your emotional state and shift thinking Meta modeling your own internal dialogue All of the basic NLP techniques and training exercises An Action Plan with exercises and suggestions for skill-building O'Conner discusses a range of topics from rapport and trust, and how to visualize, to negotiation skills, mental rehearsal and coaching. NLP Workbook is a book for everyone and anyone interested in NLP. The neophyte will find definitions, examples, and a step-by-step entry into learning how to use NLP, and trainers will discover many new ideas for NLP training.

Richard Bandler, co-creator of

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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.

An introduction to one of the most powerful psychological techniques available today and how you can use it to make positive changes in your life. In this book, leading life coach, therapist, presenter and bestselling author Ali Campbell explains how all our behaviour is a product of our state of mind. He presents techniques for making small changes on the inside that will make huge differences on the outside, because when you change your mind, you can

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change your life. Learn how to:
- Change your emotional state quickly and easily - Overcome fears, phobias and frustrations - Transform even lifelong habits quickly - Communicate easily and effectively - Heal emotional pain from your past - Reset your internal programming to change your future This book was previously published under the title NLP (Hay House Basics series).

The Origins of NLP brings together the recollections and thoughts of some of the main protagonists from the very early days of NLP. In 1971 Richard Bandler and Frank Pucelik were students at Kresage College at the University of California Santa

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Cruz. They had a strong mutual interest in Gestalt Therapy, Frank because of his traumatic time in Vietnam and because he had been working with some disaffected and drug-addicted kids, and Richard because he had been working with Science and Behavior Books on transcribing and editing Fritz Perls' seminal work, *The Gestalt Approach and Eyewitness to Therapy*. They started a local Gestalt group and ran 2-3 sessions a week collaborating and experimenting with the language of therapy. They started achieving some brilliant results but were having problems transferring their skills to others and so Richard invited one of their college professors, John Grinder, to observe what

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they were doing in order that he would, hopefully, be able to deconstruct what they were doing that was so effective. John was a professor of Linguistics and was instantly impressed with the work that they were doing. He was able to add more structure and in due course the three of them formalised what is now known as the Meta Model. NLP, or Meta as it was known then, was born.

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team's performances. This practical guide to NLP at work will help you increase your flexibility, become more influential and achieve professional success, whatever your career. Use NLP techniques in the workplace - overcome barriers to success and develop a winning mindset Build effective working relationships - improve your communication skills and create rapport with your colleagues Lead people to perform - enhance your ability to inspire peak performance Make changes that drive success - set and achieve ambitious goals 'This book is clear, engaging and practical - an excellent guide for business professionals who want to use the power of leading-edge NLP models and techniques to

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improve performance. It demonstrates, with great examples, the value of using NLP in business to create positive, successful change in both people and organisations.' –Judith Lowe, Managing Director, PPD Learning, NLP Training Company

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