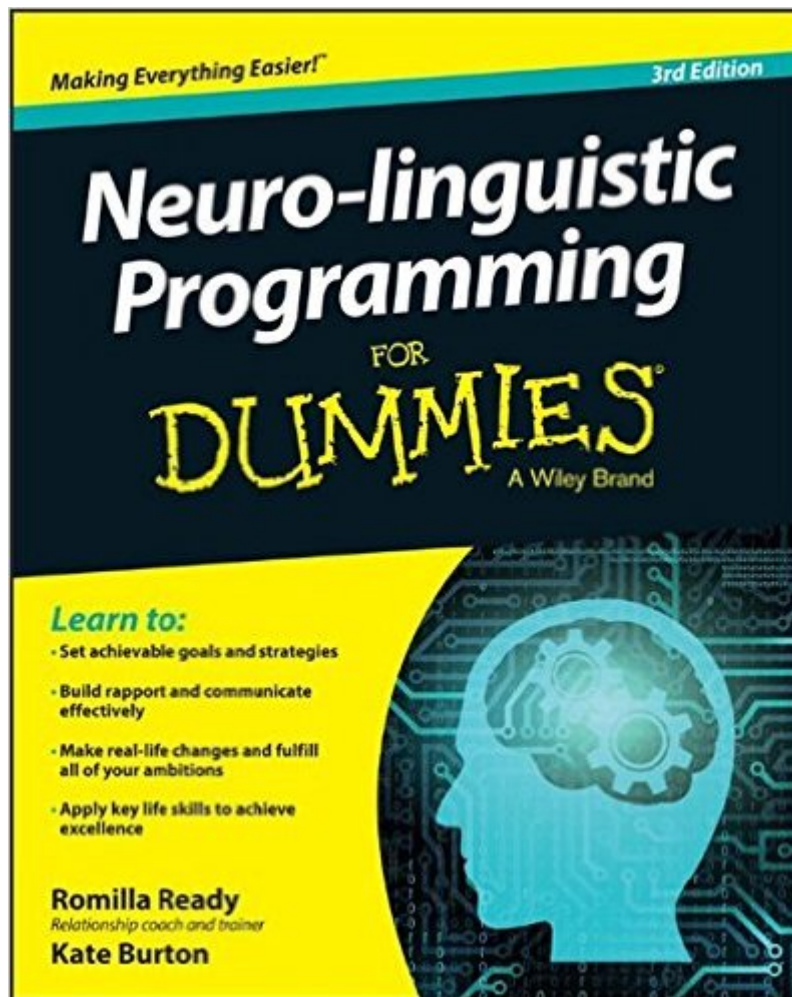The book was found

Neuro-linguistic Programming For Dummies (For Dummies (Psychology & Self Help))

Synopsis

Turn thoughts into positive action with neuro-linguistic programming Neuro-linguistic 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 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 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 heralded personal growth techniqueâ "either as a practitioner or homegrown studentâ "Neuro-linguistic Programming For Dummies covers everything you need to benefit from all it has to offer.

Book Information

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Customer Reviews

Clearly NOT for "dummies". Still, I shaved off a star because the actual field of NLP is a true

specialty and the benefits would be elusive for the novice or the "do it yourself-er". Much like a book of "neurosurgery for dummies", this is a great way to learn the potential and theory behind NLP, but not a system to really use it. Still, with that being said, you get quite a lot of information on NLP here and as with most books in this series, it is well worth the money.

Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Neuro-linguistic Programming For Dummies (For Dummies (Psychology & Self Help)) NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT) Dark NLP: How To Use Neuro-linguistic Programming For Self Mastery, Getting What You Want, Mastering Others And To Gain An Advantage Over Anyone Neuro-Linguistic Programming For Dummies Audiobook Neuro-Linguistic Programming Workbook For Dummies Frogs into Princes: Neuro Linguistic Programming NLP: The Ultimate NLP Guide: Simple Techniques To Increase Your Confidence, Achieve Success, & Maximize Your Potential (Neuro-Linguistic Programming) NLP: The Essential Guide to Neuro-Linguistic Programming NLP: Neuro Linguistic Programming: A Practical Guide To Taking Charge Of Your Life By Changing Your Brain And Mind Programming #8:C Programming Success in a Day & Android Programming In a Day! (C Programming, C++programming, C++ programming language, Android , Android Programming, Android Games) Programming #57: C++ Programming Professional Made Easy & Android Programming in a Day (C++ Programming, C++ Language, C++for beginners, C++, Programming ... Programming, Android, C, C Programming) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Programming #45: Python Programming Professional Made Easy & Android Programming In a Day! (Python Programming, Python Language, Python for beginners, ... Programming Languages, Android Programming) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Psychology: Social Psychology: 69 Psychology Techniques to Influence and Control People with Communication Tricks, NLP, Hypnosis and more... (Psychology, ... NLP, Social Anxiety, Cognitive Psychology) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Programming: Computer

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