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Steve Bavister, Amanda Vickers



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The NLP Workbook Judy Bartkowiak, 2017-11-02 Teach Yourself about Neuro Linguistic Programming and how it can help you get ahead Do you want to use the power of NLP to supercharge every aspect of your life Do you want to understand how to create instant rapport with anyone Do you want to be able to effectively emulate the skills of the people you respect the most This Teach Yourself Workbook doesn't just tell you how to use NLP It accompanies you every step of the way with diagnostic tools goal setting charts practical exercises and many more features ideal for people who want a more active style of learning The book starts by helping you identify your own preferred styles of learning and communication It then helps you set specific goals to improve on as you progress through the book you will be able to keep checking your progress against these goals Specially created exercises using the tools and techniques of NLP will help you boost your skills and communication so that you can reach your potential in any situation

Transform Your Life with Nlp Paul Jenner, 2010 Jenner takes you step by step through the principles behind neuro linguistic programming He demystifies the jargon and explains how you can put these astonishing techniques into action using your new skills to transform relationships boost professional success and achieve new levels of happiness

Essential Neuro Linguistic Programming: A Teach Yourself Guide Steve Bavister, Amanda Vickers, 2010-05-11 Get a better understanding of what makes you and others tick Essential NLP gives you straightforward access to understanding NLP and helps you to put the ideas and techniques into practice in your personal and professional life both in behavior and in important relationships Exercises activities case studies anecdotes and quizzes will help you see how you can apply NLP to everyday situations One five and ten minute introductions to key principles to get you started Lots of instant help with common problems and quick

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Neuro-linguistic Programming in a Week: Teach Yourself Mo Shapiro,2016-04-05 NLP In A Week is a simple and straightforward guide to neuro linguistic programming giving you everything you need to know in just seven short chapters From communicating more effectively to creating greater rapport with others you ll discover the ability to change what isn t working in your life and increase what is This book introduces you to the main themes and ideas of NLP giving you a basic knowledge and understanding of the key concepts together with practical and thought provoking exercises Whether you choose to read it in a week or in a single sitting NLP In A Week is your fastest route to success Sunday What is neuro linguistic programming Monday Identify empowering and limiting beliefs Tuesday Recognize how we represent information to ourselves Wednesday Use precision questions to find out what people mean Thursday Identify different communication filters Friday Use the six levels of change and reframing Saturday Increase your options ABOUT THE SERIES In A Week books are for managers leaders and business executives who want to succeed at work From negotiating and content marketing to finance and social media the In A Week series covers the business topics that really matter and that will help you make a difference today Written in straightforward English each book is structured as a seven day course so that with just a little work each day you will quickly master the subject In a fast changing world this series enables readers not just to get up to speed but to get ahead

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