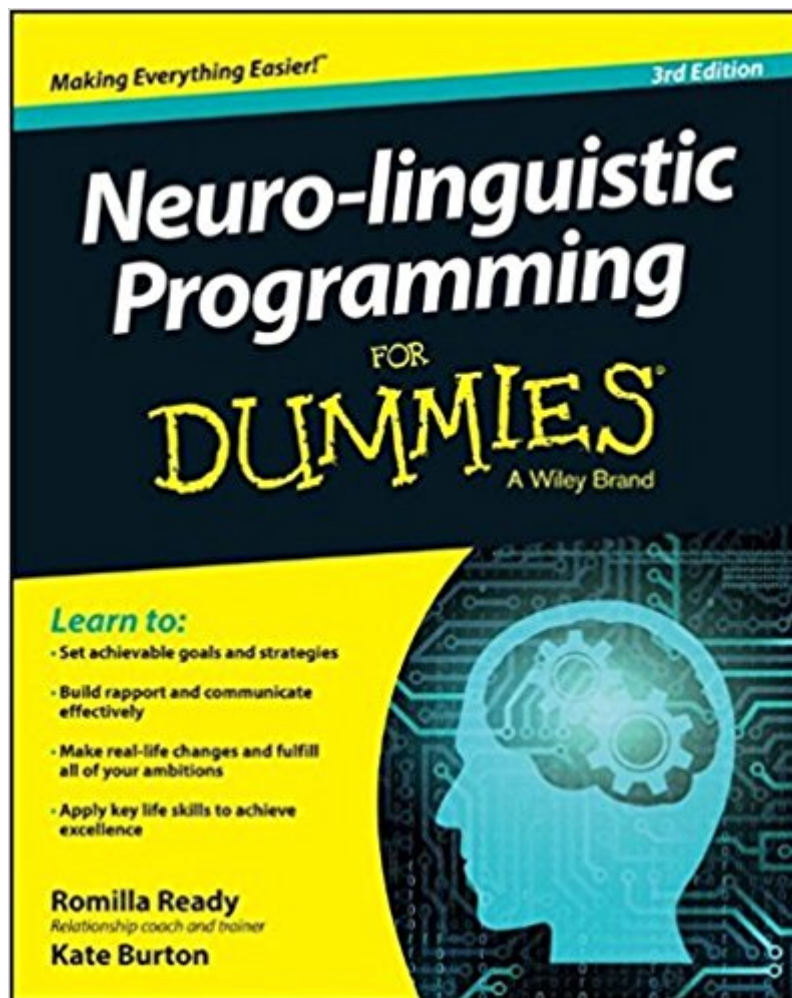




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# Neuro-linguistic Programming For Dummies (For Dummies (Psychology & Self Help))



## 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 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.

## Book Information

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Nancy C. Muir is the owner of a writing and consulting company that specializes in business and technology topics. She has authored more than 100 books, including Laptops For Seniors For Dummies and iPhone For Seniors For Dummies. Nancy holds a certificate in Distance Learning Design and has taught Internet safety and technical writing at the college level.

Wonderful and Complete!

I'm loving this book.

Just Okay

Great book and it arrived in excellent condition.

There are several editions of this book out there, including an audio book. Forget the rest, this one by Romilla Ready is the one to get. This will open up the world of NLP and isn't one of those books aimed at just "dominating at work" or other nonsense. If you are serious about understanding the inner workings of the human mind, try this edition out.

This, like all the "For Dummies" Series of books, explains the basic principles of NLP. This is a basic book to "put you on" the subject in no time, with the advantages of having a book to provide a summary of the principles and techniques of NLP and provide a basis for further understanding.

This book is hard to read at times, partially too simple, partially just moves slowly. But it does say "for dummies" so I can't be too bummed by it. It's a good intro to NLP, not the best I've seen, but certainly useful to anyone interested in learning some NLP skills and adding to your conversational toolkit.

Interesting Science.

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