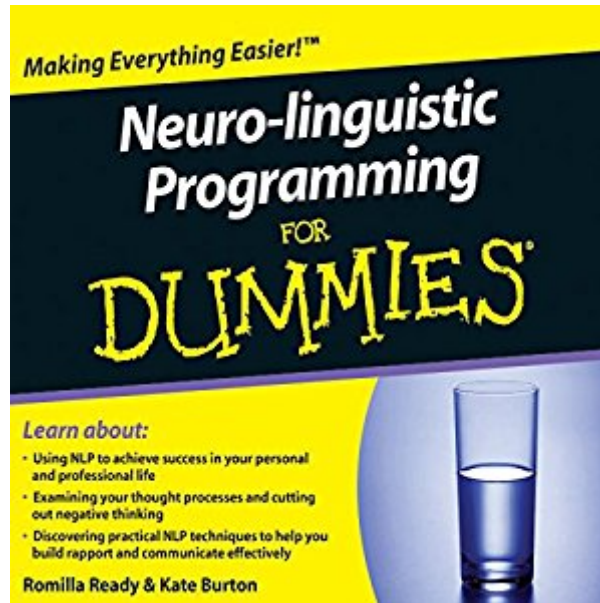


The book was found

Neuro-Linguistic Programming For Dummies Audiobook



Synopsis

This audiobook stands alone as an introduction to a long-established branch of personal development psychology. NLP (Neuro-Linguistic Programming) underpins the ideas of best-selling authors like Anthony Robbins. This audiobook takes the listener straight to the source. This is a no-nonsense guide on how to use NLP in your personal life and examine thought processes in order to cut out negative thinking. It offers practical tools anybody can use to learn and improve their professional environment.

Book Information

Audible Audio Edition

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Customer Reviews

Have you ever run into the sort of person who talks about things they know nothing about, but talks on and on and on, apparently in the hope that if they keep talking for long enough then the law of averages means they must get at least some of it right? That's what I felt I was up against when I was reading this book. Firstly, it is badly laid out, by which I mean that it has no obvious flow other than (I guess) the order in which things popped into the authors' heads. Secondly, a significant amount of the material has little or nothing to do with NLP - like the "Wheel of Life" and the stuff on PTSD - and quite a lot of the material, whether about NLP or not, is at best ambiguous and at worst plain inaccurate. Thirdly, the frequent, pointless repetition of quite basic material, and the inclusion of the irrelevant material, means that a whole lot of genuine NLP material gets left out. In the case of the meta programs, for example, only six meta programs are included, and even those aren't explained particularly well. Indeed, at one point in the book the authors claim that all meta programs ("metaprograms", as they call them) work along a sliding scale. Which clearly is NOT true of meta

programs such as the "Work Preference Filter", the "Primary Interest Filter", and especially not in the case of the "In Time/Through Time" or "Time Storage Filter" meta program, which the authors confuse with "Time Lines" as in Time Line Therapy. Worst of all, there doesn't seem to have been any attempt to edit the book once it was complete. Thus, for example, there are several places where a topic flagged up as being covered "later in this chapter" actually turns up on the very next page.

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