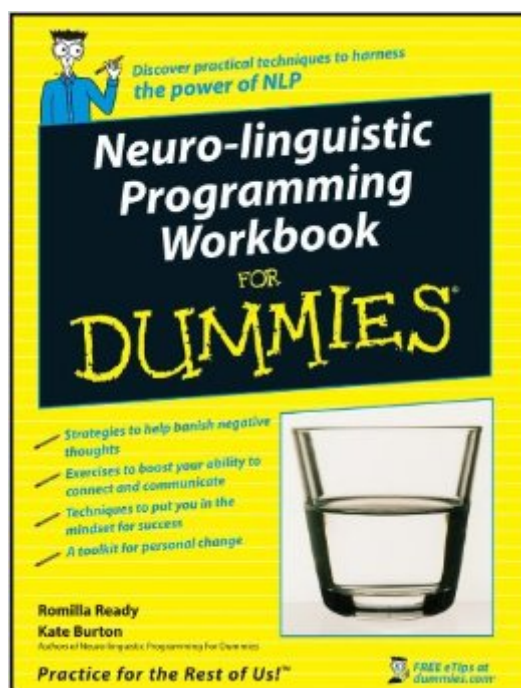


The book was found

Neuro-Linguistic Programming Workbook For Dummies



Synopsis

If you are one of the millions of people who have already discovered the power of NLP, Neuro-linguistic Programming Workbook For Dummies will allow you to perfect its lessons on how to think more positively and communicate more effectively with others. This workbook is packed with hands-on exercises and practical techniques to help you make the most of NLP's toolkit for new thinking and personal change. These can have 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: Getting Your Mindset Right with NLP Setting Sound Goals Recognising Your Unconscious Values 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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Customer Reviews

I was 1st introduced to NLP through Anthony Robbins...I was amazed at the benefits that resulted in

just one weekend! Wanting to know more, I entered into a 7 day NLP Practitioner course...again fabulous! I picked up NLP Workbook For Dummies as a recommended read for a Master NLP training course I will be taking soon....I was surprised that a highly reputable school would recommend NLP For Dummies ...I obviously knew nothing about the quality of these books...whether you have a clear understanding of NLP, or just curious, and want to know more....this book is outstanding! The workbook is concise, clear, thought provoking, and most definitely a gift to anyone desiring personal growth! Cheers to Romilla and Kate! You have given the world an opportunity to easily learn, and use what many believe to be the most powerful tools in creating change today!

The authors have outdone themselves in writing an easy to read and follow book on NLP. I am an NLP Master Practitioner, and still refer to this book because it is clear, concise and easy to follow, not like some NLP books that are out in the stratosphere somewhere.

NLP workbook is an easy, fun, practical read book which will have you examine how you view the world. It gives strategies on how to rid yourself of negative thoughts, communicate in a positive manner and change your attitude about life. The book is full of worksheets and examples on how to fill them out. This is a book that requires you to do work! You are given options on how you view yourself, your identity, values and beliefs. You examine internal dialogue and cause and effects. Overall a very enlightening read and compliments their NLP book Neuro-Linguistic Programming for Dummies. I would love to pursue NLP training and have coaches in my area because this is indeed life changing material.

Great book~Just what I was looking for great introduction to NLP! Get it if you want a quick start into the world of NLP. It takes time to develop and use NLP in your life but this sets the stage in an easy to grasp format!

Being a little new to NLP, I found this an excellent book on the subject for someone that is wanting to learn NLP. For a Dummies book the subject was covered in very good detail and in depth. I would highly recommend this book to anyone that is wishing to learn more about NLP.

Overall I really like this book. Laid out well and chock full of exercises. If one takes the time to do the work, one can benefit from it. There were funny moments interspersed here and there. Seemed like

the authors were trying to convey their message with a sense of humor.

This is a great book for anyone wanting to learn the NLP basics. Very informative and a good start for anyone interested in the topic.

Gives tips on NLP but I found it to very impractical and not applicable to everyday living. Would have preferred something more practical and easy to use.

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