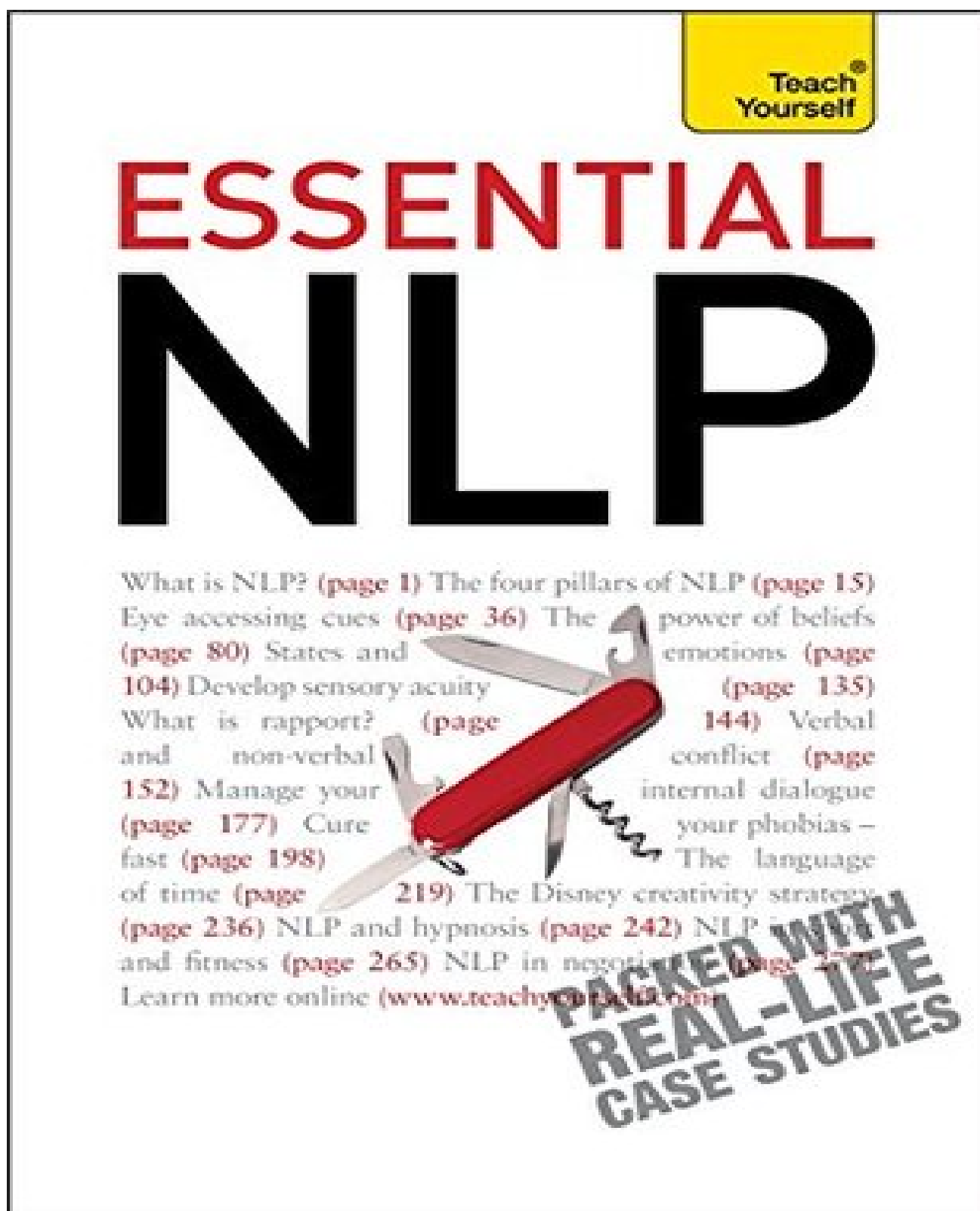


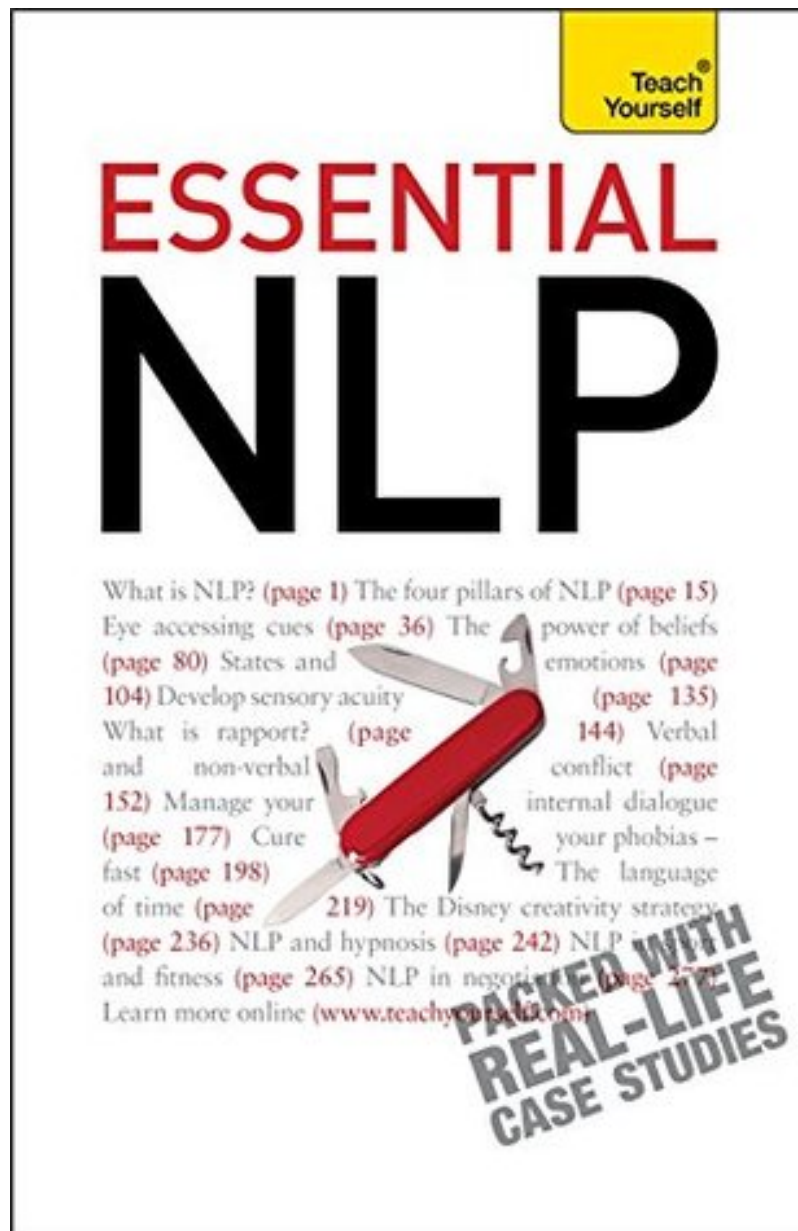
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Essential NLP: Teach Yourself
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Synopsis:=====

Are you new to Neuro Linguistic Programming, one of the most fascinating and most powerful forms of applied psychology today? Do you want a better understanding of what makes you and others tick? Are you seeking clearer goals, more effective communication and better relationships? 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 your behaviour and in your important relationships. Exercises, activities, case studies, anecdotes and quizzes are used to bring each area to life. Business-related applications are evident throughout, and the book is relevant for anyone seeking a solid grounding in NLP. Also included are fascinating perspectives from leading NLP practitioners. A chapter on 'NLP in Action' gives you an overview of practical applications of NLP, featuring profiles and interviews with people involved in those disciplines, including NLP in sports,

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