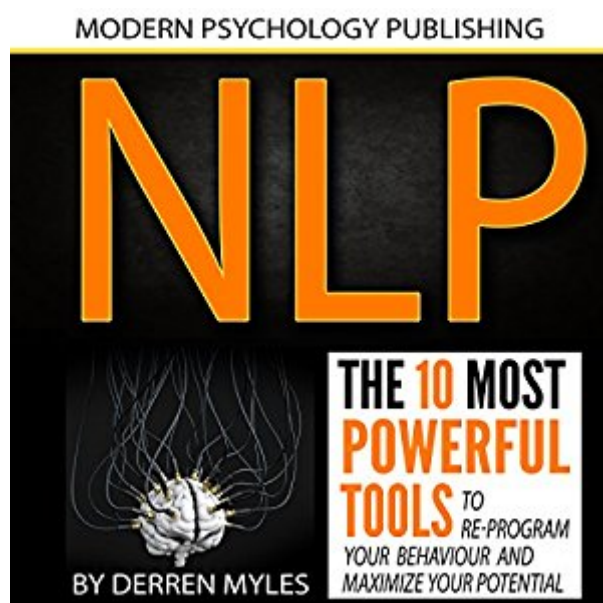


The book was found

NLP: Neuro Linguistic Programming: The 10 Most Powerful Tools To Re-Program Your Behavior And Maximize Your Potential



Synopsis

Are you tired of being stuck in the same negative habits, but don't know how to change? Do you feel like old fears and unnecessary limitations are holding you back from getting extraordinary results in your life, but you don't know how to break free? If you answered yes to any of these questions, Neuro Linguistic Programming may be just what you need to create drastic positive change in your life. Your brain is like a computer. Your behaviors are computer programs. And NLP is the user manual. We are hardwired to react to certain situations, people, or things. These predetermined habits dictate everything in our lives - whether we win or lose, what we can and can't accomplish, how much success we allow ourselves to have. The good news is, you have the power to re-write your patterns, and turn your negative habits into positive ones. Whether you want to get over your fear of public speaking, or learn how to increase your chance of success in a sports match, NLP is an extremely powerful tool that anyone can learn to use. Enough with trying out new routines that never seem to stick. Get down to the deepest level of your programming and create lasting change from the inside out with these simple but extremely powerful tools. Take control of your life today! In this book you will learn: Ten specific ways to take control of your habits and turn them into positive behaviors Core principles of Neuro Linguistic Programming, and how knowing them can improve your life How to supercharge your habits, to create success automatically How to improve your communication skills Why behavioral flexibility is the key to limitless success, and how to start using it to get extraordinary results This book is highly actionable, with step-by-step exercises for each technique. Download now to master your psychology and transform your life today!

Book Information

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Customer Reviews

This book is an excellent examination on how we can be more aware of the self that we are during learning processes and how we can increase the quality of our performance in any domain where purposeful action is required. The Author is unrestrained in sharing with the reader his inner thoughts and processes of the extraordinary learning. What makes this even more valuable is that he is a very astute observer of the self and of others. This book can serve as great motivation and a useful tool to assist you on your journey of mastery or it can be hugely depressing because it shows the insane amount of devotion and sacrifice it takes to reach those levels.

If you're new to Neuro Linguistic Programming and you're looking for some crucial techniques & information that you can practice and apply, I strongly encourage you to get this book. It offers a basic introduction to the concept of NLP, as well as 10 fundamental NLP techniques that are very effective and relatively easy to apply. All the instructions are clear and easy to follow.

Prior to reading this book I've been searching for ways to become successful in my health, happiness and career. After reading this book I feel like I have all the necessary information to do so. NLP is a totally different approach than I am used to, so if you are looking for a change I highly recommend this book. I loved learning about all the techniques involved, especially the framing technique which teaches you how to change/ perceive things happening around you so you can behave in a different way! Great self help book.

This book is so much help in understanding ones self. It may take a long process but eventually if you really want to succeed in life by controlling emotions and accepting things that may come on its way. I remember my psychology taught me before that success comes from within you. I am happy to share this book to my friends. Helpful indeed!

Great summary. Really helpful! I enjoyed reading it and applying the different methods. Thanks a lot for sharing this book

The techniques are clearly explained and ready for use. I recomend for all. Needs to be read and reread. Good for change.

This incredible manual on NLP will show you about most capable systems for acing your brain science and comprehension human conduct at wherever or event. Neuro phonetic programming has shared most helpful devices that re program your conduct and amplify your potential in getting self authority, certainty and impacting individuals. Recommended to all.

This book is a total waste of money. It is short - maybe 50 pages of minimal text and lined space for writing, but there are no page numbers. It includes very, very basic information, uses other people's examples, and has no idea development. I skimmed through it in less than 30 minutes and gained absolutely nothing. It's not a good representation of what NLP is about, and I would never recommend this book.

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