NLP (Collins Need to Know?)

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This one-stop practical guide will show you how to use neuro linguistic programming to improve your communication skills and quality of life. To make your progress easier, it comes with handy expert tips and advice throughout.

This book gives a complete overview of the fascinating power of the mind, helping the individual to better not only their own life, but consequently the lives of others around them.

Carolyn Boyes takes a straightforward approach to Neuro-Linguistic Programming, pointing out the benefits of adopting NLP in daily life and combining in-depth practical information with an upbeat, accessible approach.

Contents include: key principles of NLP, its history and its increasing popularity; overcoming the jargon; practical applications of NLP in your professional and personal life; different models which will enable you to communicate more effectively; exercises, techniques and activities.

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