



# PNL, una guía para la mente (Spanish Edition)

*Merlina de Dobrinsky*

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PNL es una sigla que se corresponde a tres palabras: Programación Neuro Lingüística y que refiere a lo siguiente:

- Programación señala el modo en que podemos planificar y modificar o reprogramar nuestros pensamientos, sentimientos y comportamientos.
- Neuro refiere a los procesos neurológicos de los sentidos que empleamos en pos de procesar el pensamiento y experimentar el mundo exterior.
- Y, por último, Lingüística hace alusión a la comunicación con nuestros semejantes y al modo en que organizamos nuestros pensamientos.

En síntesis, PNL es la ciencia y el arte de la realización del ser humano, lo que la convierte en una formidable guía para la mente.

La propuesta de este libro es descubrirla para así poder gozar de sus innumerables beneficios.

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