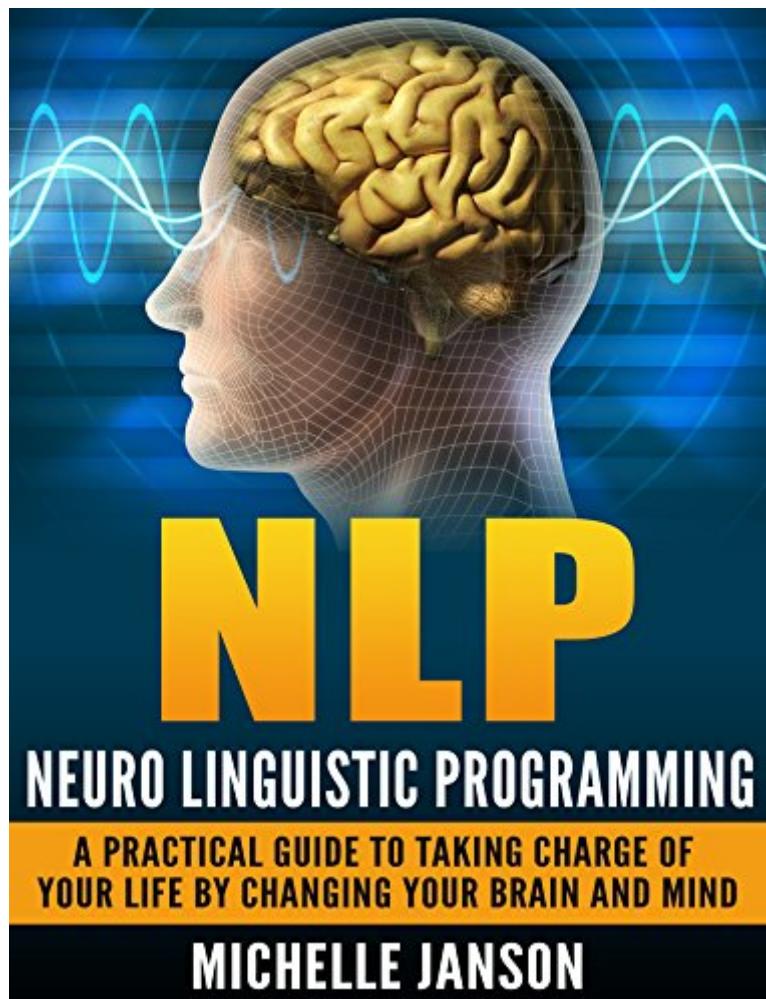


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# **NLP: Neuro Linguistic Programming: A Practical Guide To Taking Charge Of Your Life By Changing Your Brain And Mind**



## **Synopsis**

Neuro Linguistic Programming- A Practical Guide To Taking Charge Of Your Life By Changing Your Brain And Mind Congratulations on choosing to download and read this book! In doing so, you are taking huge steps forward in your personal development. You are about to learn the basics of an approach that can change your life if you apply the principles and techniques on a regular basis. NLP was developed over 40 years ago, and practitioners have been using it ever since to help people conquer a range of problems in a safe, effective manner. We will begin with an overview of Neuro Linguistic Programming (NLP) â€“ its history, what it can do, who can learn it, and what it can do. In subsequent chapters, you will learn about the underlying assumptions behind NLP before picking up some techniques you can learn and begin implementing today. Finally, you will read about the many ways you can apply NLP across all areas of your life, from work to parenting to romantic relationships. Get ready to learn a set of skills that will enable you to change your life! Over the next hour it will take you to read this book, you will learn: The Practical NLP Techniques You Can Use Today Exercise 1: Reframing Exercise 2: Grounding Exercise 3: Confidence Visualization Exercise 4: Anchoring Exercise 5: Whiteout Exercise 6: Negative Belief Blaster Exercise 7: Dissociation Exercise 8: Creating Rapport Exercise 9: Compulsion Killer Exercise 10: Silencing The Inner Critic Exercise 11: NLP in Work, Parenting and Relationships Grab this book and try how it will change your life.

## **Book Information**

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## Customer Reviews

This book is very new to me. Though it is one of my favorite topics in books or in TV series. There were exercises and each are awesome realization on how we can better control our life by changing our brain and mindset. Most leadership training discusses paradigm shifting which is somehow similar to the topic discussed in this book. The author is very brilliant in analyzing the assumptions that affect our way of thinking and our brain. Thus he provided the reader with exercises that can be practical guides to better achieve paradigm shifting.

I am positive that with the help of this book I can guarantee a huge change in my personality and mentality. Being able to practice my mindset into positivity helps me to have a strong will in every decision I make plus I could practically relate it to every advices I make to my clients which somehow links us both in understanding each other easily.

I really liked this book. It has some really practical and easy-to-follow exercises, and for me personally, I enjoyed reading about the NLP in work, parenting and relationships section. I liked the outline here since this section came just after all the 10 exercises that were described in the book! I think a lot of people would benefit from some of the content within this book, and it is very cheap to buy. The only negative I could come up with was the formatting, it was a bit weird in a few places, but nothing huge though. Overall a really nice read!

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