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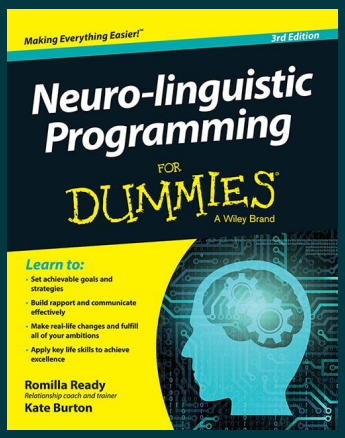

Neuro-Linguistic Programming for Dummies, 3ed

By Romilla Ready, Kate Burton

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Description

Neuro-linguistic programming (NLP) has taken the psychology world by storm. So much more than just another quick-fix or a run-of-the-mill self-help technique, NLP shows real people how to evaluate the ways in which they think, strategise, manage their emotional state and view the world. This then enables them to positively change the way they set and achieve goals, build relationships with others, communicate and enhance their overall life skills. Sounds great, right? But where do you begin? Thankfully, that's where this friendly and accessible guide comes in!

About the Author

Romilla Ready, Kate Burton

Romilla Ready is an NLP master practitioner who runs professional development workshops across a range of areas and has provided training for clients at multi-national companies in the UK and overseas.

Kate Burton is a leading international executive coach with a background in corporate communication in IT and works with clients such as HP

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