

Teach Yourself NLP (Teach Yourself (McGraw-Hill))



Neuro-linguistic programming, or NLP, is one of the hottest self-help techniques today, linking a person's psychological experience with its corresponding effect on the nervous system. Teach Yourself NLP begins with the basic theory and fundamentals of NLP and then introduces readers to practical techniques designed to help them improve both their professional and personal lives. With the help of this guide, the reader can identify his or her shortcomings and use tried-and-true methods to overcome them from quitting bad habits, to losing weight, to communicating with others more personally and confidently.

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