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Turn positive thoughts into positive action Neuro-linguistic Programming (NLP) provides essential building blocks for discovering how people think and manage their emotional states. This practical guide shows you how to unwrap core NLP skills such as rapport-building and mirroring techniques, and enables you to use them to achieve personal and professional fulfilment.

In the 1970s, a pseudoscientific approach to personal development and communication was created by Richard Bandler and John Grinder, known as Neuro-Linguistic Programming (NLP). They claim that there is a connection between neurological processes, language, and behavioral patterns learned through experiences.

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NLP, or neuro-linguistic programming, is a school of psychological techniques that effectively communicates with the listener's subconscious or unconscious mind. In modern-day terms, brain-hax. The end result is that you can communicate / argue / negotiate / persuade people (or yourself) much more effectively.

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Frogs Into Princes by Bandler and Grinder Written when NLP was in the beginning stages of establishment, this book captures the absolute essence of Neuro-Linguistic Programming as described by the founding fathers, Richard Bandler and John Grinder.

Neuro-Linguistic Programming: Read People And Think Positively And Successfully Using NLP to Kill Negativity, Procrastination, Fear And Phobias (Body... Mindset Habits, Mindfulness And Self Esteem)

What Is NLP? | Neuro Linguistic Programming | NLP Academy

Neuro-linguistic programming (NLP) is a pseudoscientific approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States, in the 1970s. NLP's creators claim there is a connection between neurological processes (neuro-), language (linguistic) and behavioral patterns learned through experience (programming), and that these can be changed to achieve specific goals in life.

The Ultimate Introduction to NLP: How To Build A Successful Life This an easy to read introduction to NLP, told through the eyes of an attendee at a seminar. The book gives practical tools to change and

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 veloping Personal Rapport Managing Your Emotions and Experiences Changing Habits and Modeling
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 Richard Bandler. Both men had a fascination with human excellence which charted a path for them
 to model behavioural patterns of selected geniuses.

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