



## Neuro Linguistic Programming Nlp Techniques - Quick Start Guide

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By Colin G Smith

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Describing Neuro Linguistic Programming NLP Modern Psychology said, Neuro Linguistic Programming Training may be the most powerful vehicle for change in existence. How different would your life be if you knew how to create powerful, resourceful states of mind such as self confidence, motivation and feelings of high self-esteem? One of the classic uses in Neuro-Linguistic Programming is for programming a state of confidence into your future. Most adults have experienced a profound sense of confidence at some stage in their life. Maybe it only lasted a few seconds and was many years ago. This is fine. The beauty of NLP allows us to capture that wonderful resource and create more of that state, and place it exactly where we desire! The amount of different useful states of mind is vast and the fact is we hardly ever tap into these hidden resources. Resource states include; Confidence, Creativity, Relaxation, Playfulness, Concentration, Perseverance, Ecstasy. . Any others? NLP Course Contents PART 1: How To Create Supreme Resource States That Empower You To Make Magnificent Changes. What a resource state...



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