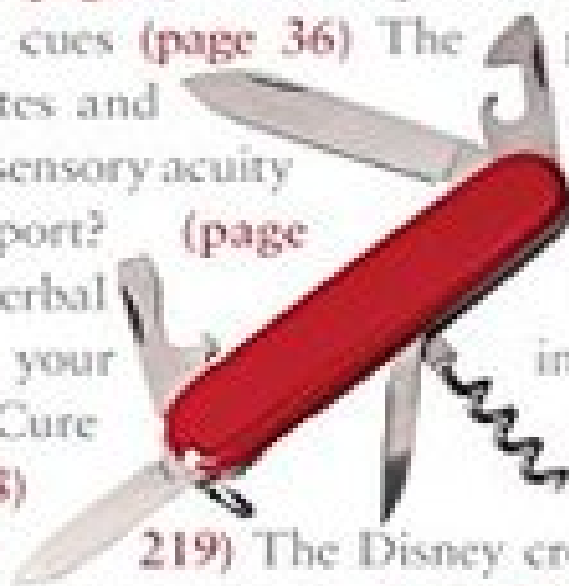


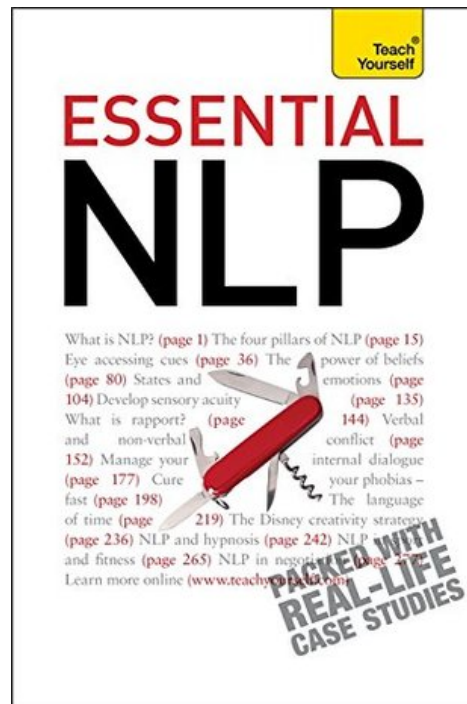
# ESSENTIAL NLP

What is NLP? (page 1) The four pillars of NLP (page 15)  
 Eye accessing cues (page 36) The power of beliefs  
 (page 80) States and emotions (page  
 104) Develop sensory acuity (page 135)  
 What is rapport? (page 144) Verbal  
 and non-verbal conflict (page  
 152) Manage your internal dialogue  
 (page 177) Cure your phobias –  
 fast (page 198) The language  
 of time (page 219) The Disney creativity strategy  
 (page 236) NLP and hypnosis (page 242) NLP  
 and fitness (page 265) NLP in negotiation (page 277)  
 Learn more online ([www.teachyourself.com](http://www.teachyourself.com))



**PACKED WITH  
REAL-LIFE  
CASE STUDIES**

## \* Essential NLP: Teach Yourself \*



### Books Details

Author : Steve Bavister Pages : 352 pages Publisher : Language : eng  
ISBN-10 : 1444102974 ISBN-13 : 9781444102970

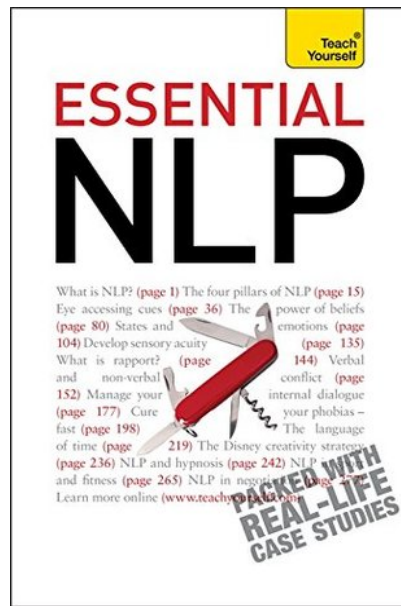
### Books Descriptions

Are you new to Neuro Linguistic Programming, one of the most fascinating and most powerful forms of applied psychology today? Do you want a better understanding of what makes you and others tick? Are you seeking clearer goals, more effective communication and better relationships? Essential NLP gives you straightforward access to understanding NLP and helps you to put the ideas and techniques into practice in your personal and professional life, both in your behaviour and in your important relationships. Exercises, activities, case studies, anecdotes and quizzes are used to bring each area to life. Business-

related applications are evident throughout, and the book is relevant for anyone seeking a solid grounding in NLP. Also included are fascinating perspectives from leading NLP practitioners. A chapter on 'NLP in Action' gives you an overview of practical applications of NLP, featuring profiles and interviews with people involved in those disciplines, including NLP in sports,



You Can Get This Books By Click Link/Button In Below .



/

<https://www.worldbookcollection.com/?book=1444102974>