Neuro-linguistic Programming For Dummies (For Dummies (Psychology & Self Help))

Romilla Ready, Kate Burton

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Turn thoughts into positive action with neuro-linguistic programming

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!

Free of intimidating jargon and packed with lots of easy-to-follow guidance which you can put in to use straight away, *Neuro-linguistic Programming For Dummies* provides the essential building blocks of NLP and shows you how to get to grips with this powerful self-help technique. Highlighting key NLP topics, it helps you recognize and leverage your psychological perspective in a positive fashion to build self-confidence, communicate effectively and make life-changing decisions with confidence and ease.

- Includes updated information on the latest advances in neuroscience
- Covers mindfulness coaching, social media and NLP in the digital world
- Helps you understand the power of communication
- Shows you how to make change easier

If you're new to this widely known and heralded personal growth technique—either as a practitioner or homegrown student—*Neuro-linguistic Programming For Dummies* covers everything you need to benefit from all it has to offer.

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