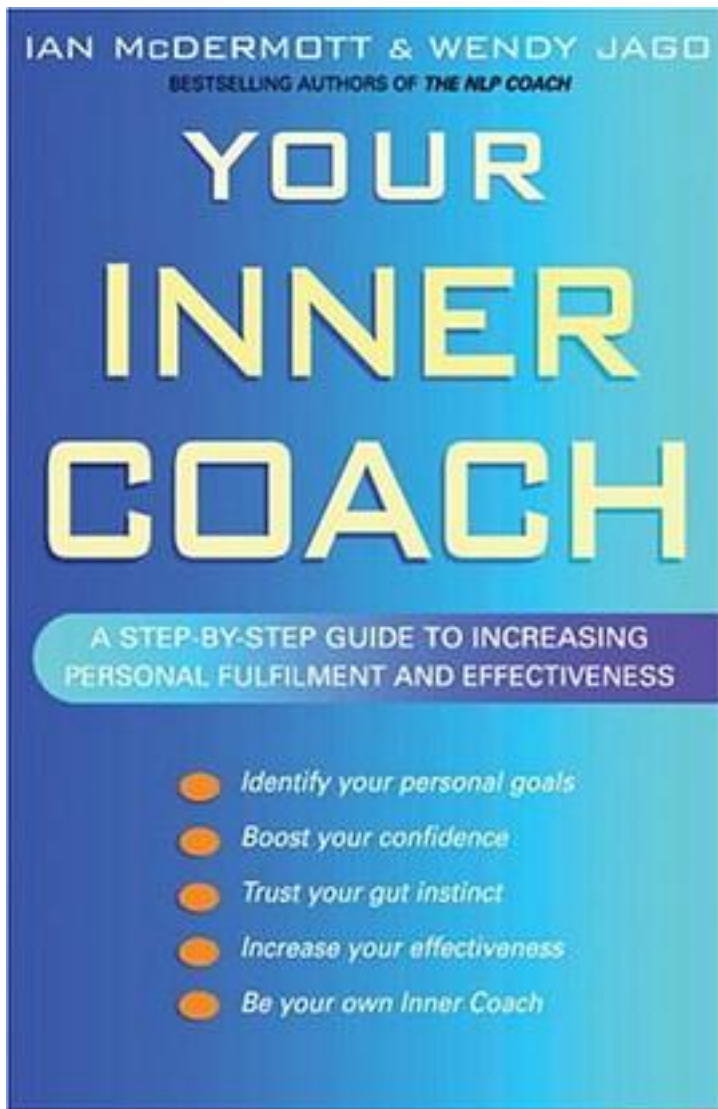


# Your Inner Coach



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The Inner Coach is a practical and inspiring new book from the authors of The NLP Coach. NLP master practitioner and executive coach Ian Mc Dermott and NLP practitioner and psychotherapist Wendy Jago combine their expertise to provide a step-by-step self-coaching guide. They show you how you can make the most of all of yourself once you learn how to access and harness the hidden power of your unconscious mind. Discover how to: Access your inner wisdom; Make the most of your gut feelings, dreams and intuitions; Use simple NLP techniques to access your subconscious mind; Find your purpose and identify your goals; Harness your inner wisdom to deliver insights, resolve problems, enhance creativity, improve decision making, increase confidence and communication skills; Use the right questions to achieve the right answers; Become your own inner coach

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