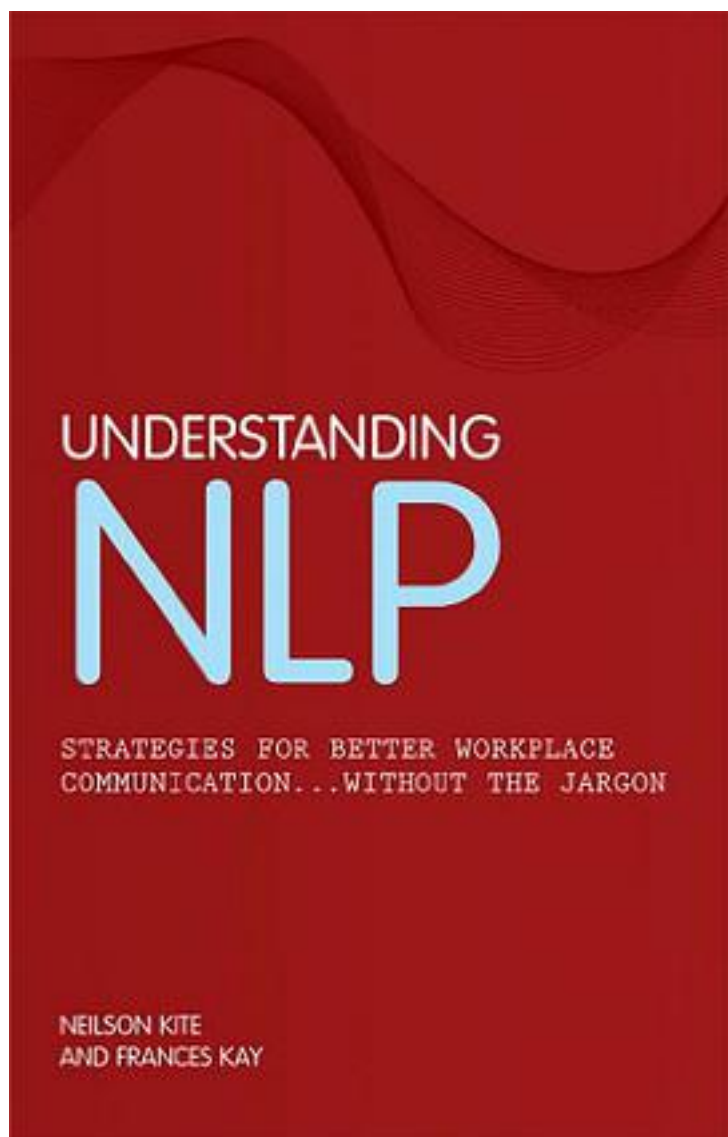


# Understanding NLP



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Neurolinguistic Programming helps us understand our life experiences. It is a system for describing, restructuring, and transforming a person's meaning and understanding of the world they live in. The word can be interpreted as follows: Neurolinguistic Programming shows us how we understand our life experiences. It is a system for describing, restructuring, and transforming a person's meaning and understanding of the world they live in. The word can be interpreted as follows: "Neuro"- The mind-body: how we function; physiological and mental states and activities. "Linguistic"- The language we use to describe, categorize, and communicate about and make sense of our world and how we communicate our experience to others. "Programming"- The stories we use to interpret experience; the strategies that get us what we want. New revised and updates, new material includes: the NLP Presuppositions; Polarity thinking; Logical Levels; an expanded view of Outcome Setting; and a clarification of Perceptual Positions; The Art of Asking Questions, and Working with Parts and Roles, and more. A most practical guide for the NLP practitioner, coach or therapist.

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