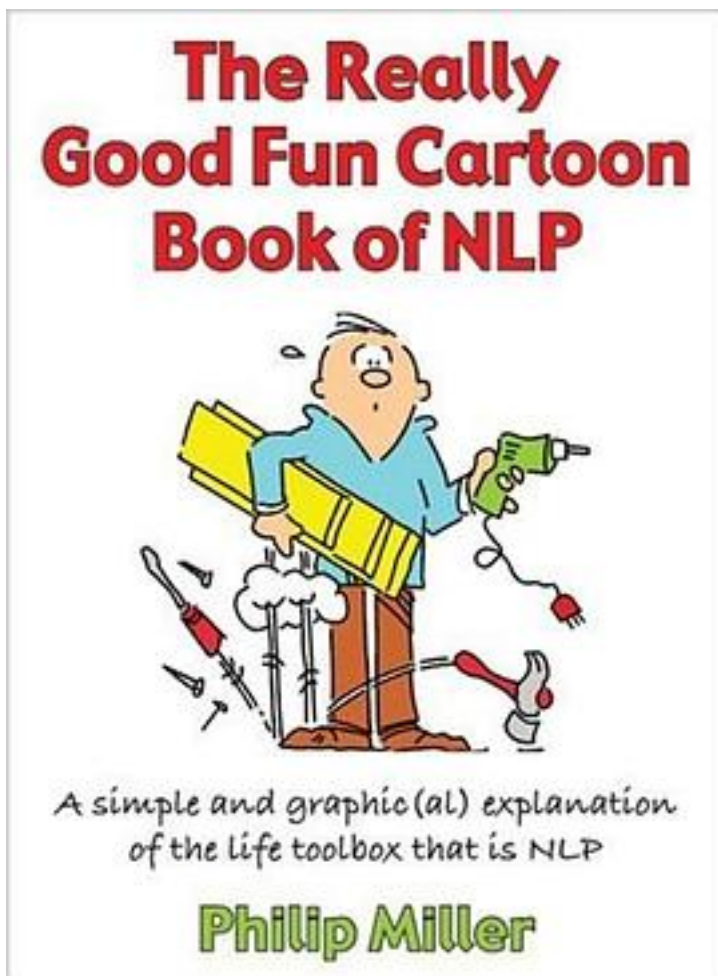# The Really Good Fun Cartoon Book of NLP

[The Really Good Fun Cartoon Book of NLP_下载链接1_](#)

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What is Neuro Linguistic Programming (NLP)?Neuro concerns the brain and the things that go on in your mind. Also the rest of the neurological system, including the five

senses.Linguistic - this relates to language, both spoken and non-spoken (sometimes called body language).Programming - this is about your behaviour and your thinking patterns.Traditionally the world of NLP training and literature has been full of technical sounding expressions, just think of the name - neuro linguistic programming. It takes a lot of persistence and effort to get through all this to access the real benefits that NLP can bring to people."The Really Good Fun Cartoon Book of NLP" seeks to cut through all this by using simple (non jargon) language and amusing illustrations to get across the principles of NLP and how people can think about using them in their everyday lives. Knowing when and how to dip into the NLP life skills toolbox is really useful as is the idea that it's all just a learning experience. For anyone wanting to get even more from life - to become an even more interesting and interested person - but only if that's what they want!

作者介绍:

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标签

NLP

潜能

漫画

思维

心理

大脑

Cartoon

评论

好棒的一本书，老板买的书，我一拿到手就没停下来，大半天读完，有些地方没有细读，浅显易懂的一本好书，另外这个卡通的作者网站绝对值得一看，太有趣的一个爷爷了！

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书评