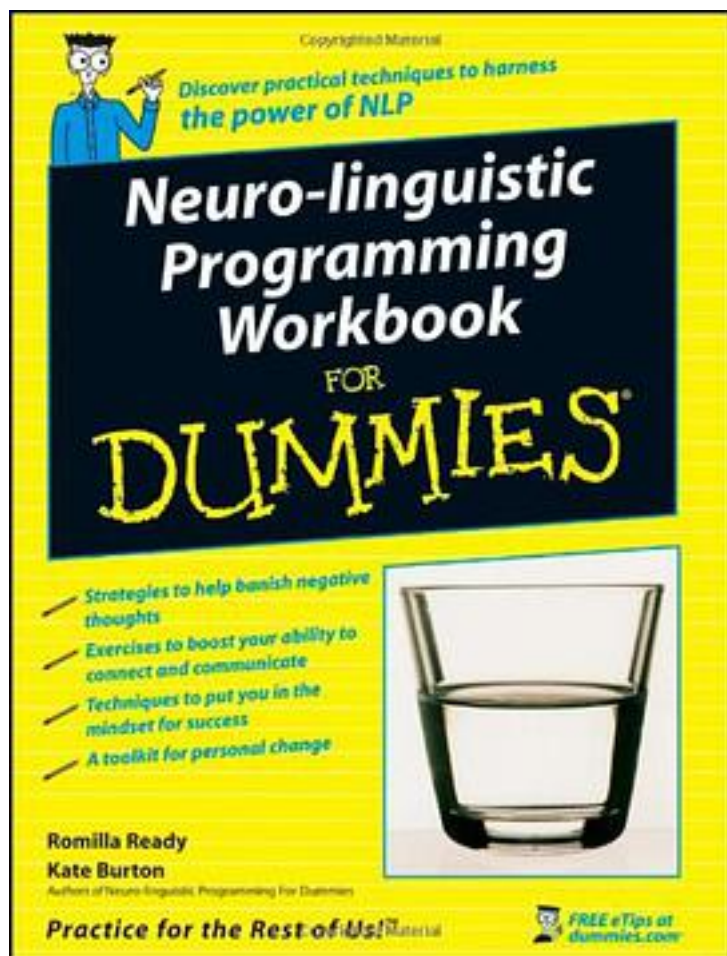# Neuro-linguistic Programming Workbook For Dummies

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著者:Not Available (NA)

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If you are one of the millions of people who have already discovered the power of NLP,

Neuro-linguistic Programming Workbook For Dummies will allow you to perfect its lessons on how to think more positively and communicate more effectively with others. This workbook is packed with hands-on exercises and practical techniques to help you make the most of NLP's toolkit for new thinking and personal change. These can have an impact on many aspects of your life: from helping you change your negative beliefs, to building rapport and influencing others, to taking charge of the direction your life is taking. Take your understanding of NLP to the next level, and reap the benefits. Neuro-linguistic Programming Workbook For Dummies includes: Getting Your Mindset Right with NLP Setting Sound Goals Recognising Your Unconscious Values Recognising How You Distort Thinking Developing Personal Rapport Managing Your Emotions and Experiences Changing Habits and Modeling Success Recognizing What Works Adapting Language with Metamodeling and the Milton Model

作者介绍:

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标签

评论

4 basic elements of NLP: rapport, outcome-focused, flexibility, sensory awareness. Quite useful toolkit to explain behavior in daily lives and can be applied in the future. 12 pre-assumptions; Time-line therapy; Logical levels; Meta, Milton Programs; Set a role model and detect his unconscious skills beneath his behavior which makes him outstanding

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经鉴定，Dummies系列书籍都不值得读。

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书评

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