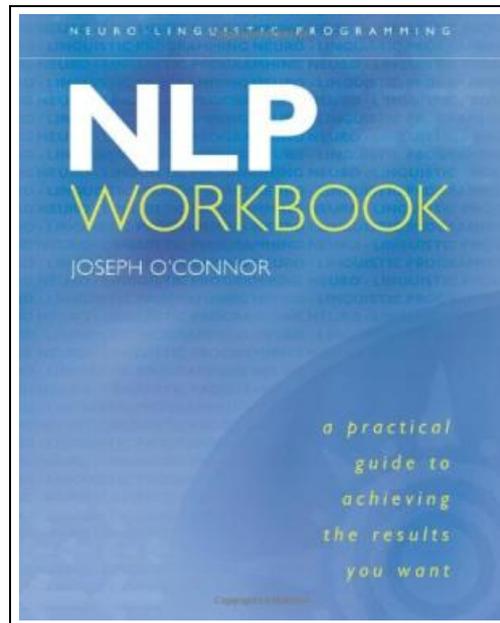


## The NLP Workbook: A Practical Guide to Achieving the Results You Want



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### **Reviews**

*Comprehensive guideline! Its such a good read through. It is actually written in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.*

*(Lonzo Wilderman)*

## THE NLP WORKBOOK: A PRACTICAL GUIDE TO ACHIEVING THE RESULTS YOU WANT



Conari Press. Paperback. Condition: New. 304 pages. Dimensions: 9.6in. x 7.4in. x 0.8in. Neuro-Linguistic Programming (NLP) studies brilliance and quality-how outstanding individuals and organizations get their outstanding results. Joseph OConnor, a leading international NLP trainer and co-author of the bestselling *Introducing NLP*, offers a step-by-step guide to learning the NLP methods and techniques to help you become the person you want to be in the NLP Workbook. The NLP Workbook is a complete guide to NLP that includes: How to create and achieve outcomesHow to choose your emotional state and shift thinkingMeta modeling your own internal dialogueAll of the basic NLP techniques and training exercisesAn Action Plan with exercises and suggestions for skill-buildingOConnor discusses a range of topics from rapport and trust, and how to visualize, to negotiation skills, mental rehearsal and coaching. NLP Workbook is a book for everyone and anyone interested in NLP. The neophyte will find definitions, examples, and a step-by-step entry into learning how to use NLP, and trainers will discover many new ideas for NLP training. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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