Heart of the Mind: Engaging Your Inner Power to Change with Neuro-Linguistic Programming

By Steve Andreas

Real People Press. Paperback. Condition: New. 263 pages. Learn NLP in a way that is easy to understand, yet includes the depth that makes it possible for you to gain the benefits. NLP developers and trainers Connirae and Steve Andreas show how you can directly apply NLP in your own life. They share specific NLP methods that make a difference in 21 life areas that matter: overcoming anxiety, dealing with trauma, negotiation, resolving grief, parenting positively, motivation that works, fulfilling decision-making, relationships, self-healing, the naturally-slender eating strategy, recovering from shame and guilt, and more. Filled with examples and anecdotes, along with step-by-step outlines, this book makes it easy for you to apply the same methods that have helped many people around the world turn their hopes into reality. Every reader is certain to find many topics of personal relevance. Even though this book is written as an introduction—no background is needed and it feels easy to read—it includes the subtle understandings of these seasoned leaders in the field of NLP. You’ll find material here that isn’t included in other NLP books. The chapter on Personal Timelines for example, reveals how to easily uncover our individual ways of coding time,...

Reviews

Extensive guide! Its this kind of great read. It is really simplistic but excitement from the 50 percent of your pdf. I am just quickly will get a pleasure of looking at a composed book.

-- Tomasa Bins

Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Llewellyn Terry
Neuro-linguistic programming, NLP for short, is an array of tools for personal development and therapy. Richard Bandler and John Grinder compiled these tools in the 1970s after studying successful therapists such as Virginia Satir and Milton Erickson. The concepts and practices of NLP are wide-ranging, and opinions on NLP vary. But there are valid reasons to be skeptical of NLP and the culture built by its founders. In his book Tricks of the Mind, Derren Brown gives NLP a critical look: ‘Indeed, their approach was more pragmatic: to start with observed phenomena that seemed reliable, and then to set out teachable ideas based on what was useful or seemed to work best, rather than trying to understand why or how something might work. NLP: The Essential Guide to Neuro-Linguistic Programming by NLP Comprehensive Paperback $10.39. In Stock. Ships from and sold by Amazon.com.’ Short for Neuro-Linguistic Programming, NLP is a new science that has studied how the mind works, with verifiable and sometimes astonishing results. NLP offers effective techniques for a wide range of problems including: unwanted habits, guilt, grief, weight loss, abuse, criticism, shame, stage fright, phobias.