



## 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,...



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