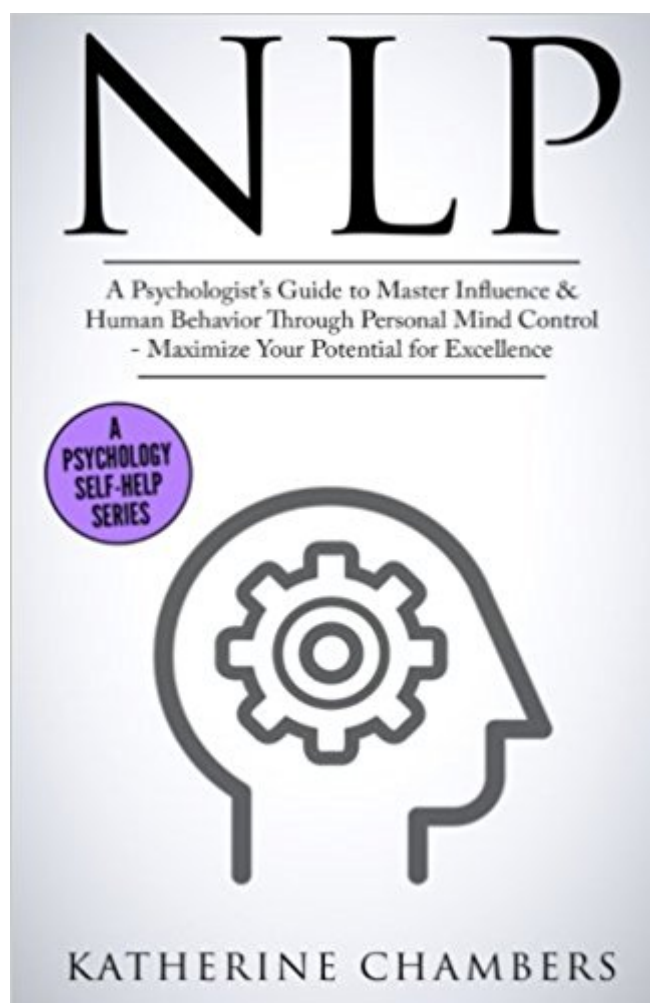


The book was found

Nlp: A Psychologist's Guide To Master Influence & Human Behavior Through Personal Mind Control - Maximize Your Potential For Excellence (Psychology Self-Help) (Volume 2)





Synopsis

Imagine how different your life would be if you could tap into the beneficial emotional states of excellence on demand in any situation in life. Most people traditionally train only the conventional aspects of their abilities, they focus on the technical skills of a task. However there is another layer, an emotional and behavioral set of factors which can really make the biggest impact on the results you can achieve. That is where neuro-linguistic programming comes in. NLP techniques are designed to help you tap into those top level mindsets when required. But most people aren't equipped with the right strategies or outlook on NLP to really make it work. Katherine Chambers is an Ex Stanford Psychologist who specializes in all forms neuroscientific and psychotherapy subjects. However it wasn't until she left college life and entered the real world that she did start to understand these theoretical topics in a practical sense. Over the past 15 years she has built a multi-six figure consulting business and a family of her own. But there is one element she attributes a large part of this success to, developing a high proficiency in NLP. In this insightful and functional book, Chambers gives readers a firsthand look into the scientific subjects she studied within academia as well as a practical real life guide on how to:

- Understand the core components and concepts of NLP
- See where you are within the four stages of competence model
- Build positive anchors and collapse negative ones
- Identify conflicting parts within you (and resolve their differences)
- Learn the reframing techniques to heal past trauma
- Understand loop breaks & pattern interrupts to disrupt negative thought processes
- Master wish patterning to project high future situational success
- And much more.

An Psychologist's guide to NLP is a mixture of theoretical principles combined with real life examples to back up the author's advice. The thought pattern identification techniques combined with the practical NLP skills training will help you in every aspect of life from business meetings, tests/exams, relationship building and everything in between.

Book Information

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Totally a big achievement to our life. This book teaches us that instead of trying to solve the problems, NLP strives to offer the solutions by observing successful people and their habits. Great way to renew our mind and live to the fullest. It is recommended.

This is such an interesting book to read! This book challenges us to have control over our minds. It teaches us to learn how to overcome our fears and be able to know who we really are. This gives us a clear explanation how NLP will really change our view of the world and our life. Well, everything you need to know about mastering your mind, you won't miss here. Grab this book, would highly recommend it!

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