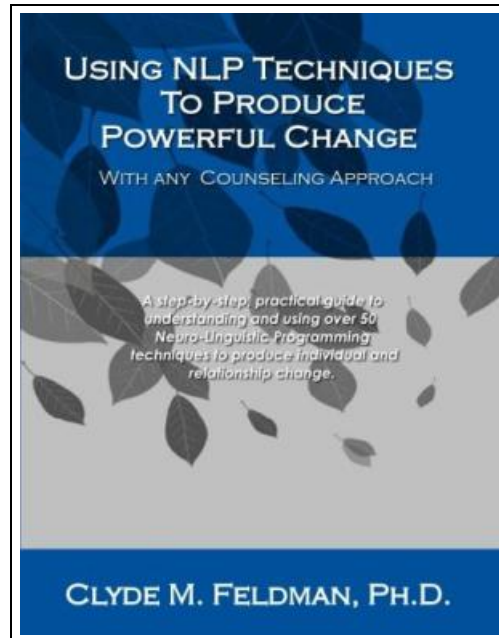


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Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

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Createspace Independent Publishing Platform, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This manual provides detailed, step-by-step instructions for understanding and using OVER 50 DIFFERENT NEURO-LINGUISTIC PROGRAMMING TECHNIQUES to improve a wide range of problems including anxiety, depression, stress, anger, addictions, negative self-image, negative behavior patterns, emotional over-reactions, childhood issues, relationship issues, AND techniques for increasing positive motivation and achieving personal and professional goals. This manual is designed for both non-NLP and NLP practitioners. Most practitioners are aware of NLP but don't have a background or specific training in NLP. Over the last 30 years, NLP techniques have been one of the best kept secrets in the field of counseling coaching. This manual is designed to breakdown NLP concepts and techniques in a way that allows non-NLP counselors, therapists, coaches, consultants, and behavioral health practitioners to use the power of NLP techniques and integrate them into their own approach and practice. For practitioners with a background or training in NLP, this manual combines the core skills and processes of the practitioner and master practitioner training manuals into one. Presented in a step-by-step guided format, the core processes include anchoring, anchor integration, mapping across, swish for shame, guilt, grief and negative self-image, fast phobia, reframing, six-step reframe, conflict integration, chaining states, new behavior generator, change personal history, re-imprinting, decision destroyer, resonance pattern, and more. In addition, this manual includes strategies for increasing positive motivation, time-line techniques, and a guide to applying NLP techniques to anxiety, substance abuse, and depression problems.



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