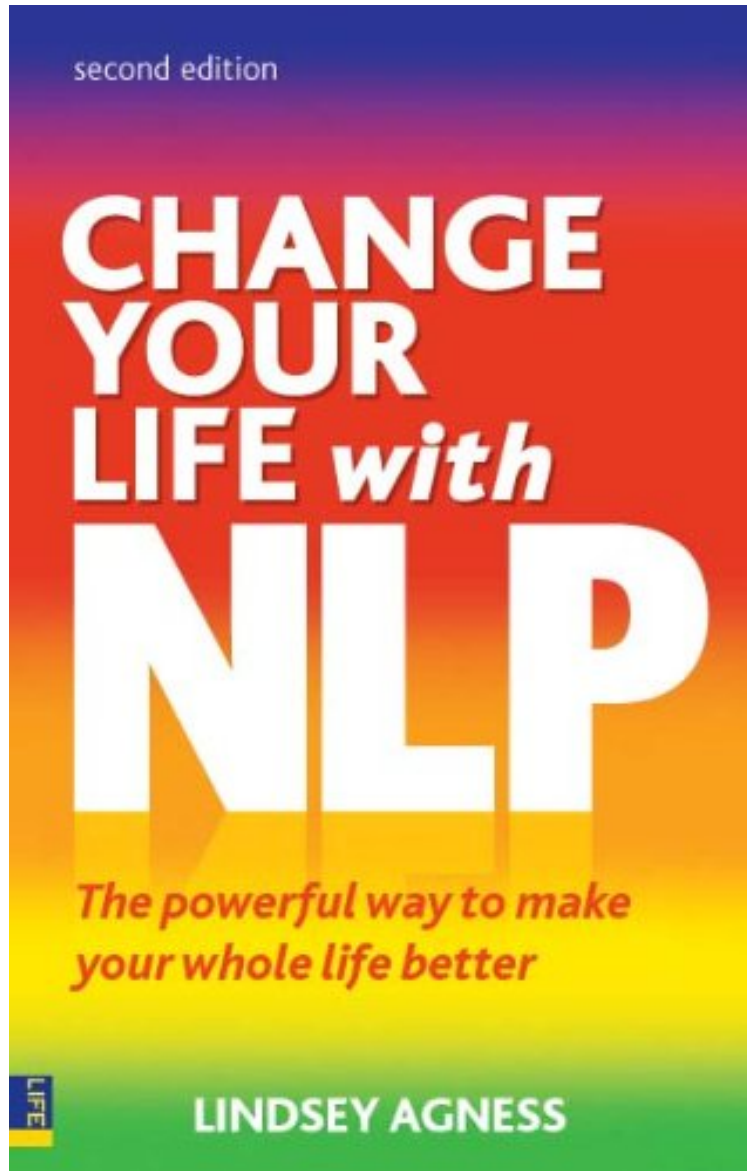


Change Your Life with NLP 2e: The Powerful Way to Make Your Whole Life Better

Lindsey Agness

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Lindsey Agness : Change Your Life with NLP 2e: The Powerful Way to Make Your Whole Life Better before purchasing it in order to gage whether or not it would be worth my time, and all praised Change Your Life with NLP 2e: The Powerful Way to Make Your Whole Life Better:

3 of 3 people found the following review helpful. Excellent book with practical solutionsBy Mani MasuriaIt's about

high time someone just writes a book about NLP and gives it as it is. The book is packed with practical methodologies and case studies that really make's one understand the whole process of NLP in todays world. I am an NLP Master coach myself and can confirm this book gives it straight, honest and an easy read for anyone whom is from a basic (unfamiliar with NLP) level to Master Trainer (in NLP).

There is a brighter future ahead of you ndash; and it starts right here, right now.It doesn't matter how your life has been so far. It doesn't matter what's happened in the past. All that matters is now. Change can happen in an instant and making changes, even really big ones, can be much less scary than you might imagine. All you need is to change your thinking - and this book explains how. Change Your Life with NLP uses powerful tools and techniques from the tried and tested field of neuro linguistic programming to reveal how you've got to where you are and what might be holding you back or stopping good things happening. You can use NLP to:-
determine what you want in life-
find the perfect partner or career-
boost your confidence-
increase your happiness-
banish anxiety -
drop bad habits-
lose weight (and keep it off)-
get out of debt-
improve your relationships with everybody and much, much more. In fact, once you understand what's going on in your unconscious mind, and have shifted your thinking, every area of your life will start to benefit! This new edition includes three brand new chapters on using NLP for influence and persuasion, becoming more self-aware and identifying and understanding your priorities.

From the Back CoverThere is a brighter future ahead of you ndash; and it starts right here, right now. It doesn't matter how your life has been so far. It doesn't matter what's happened in the past. All that matters is now. Change can happen in an instant and making changes, even really big ones, can be much less scary than you might imagine. All you need is to change your thinking ndash; and this bestselling book explains how. Change Your Life with NLP uses powerful tools and techniques from the tried and tested field of neuro-linguistic programming to reveal how you've got to where you are and what might be holding you back or stopping good things happening. You can use NLP to: -
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improve your relationships with everybody and much, much more. In fact, once you understand what's going on in your unconscious mind, and have shifted your thinking, every area of your life will start to benefit! This new, enhanced edition includes two extra chapters and now explains how to improve your powers of influence ndash; at work and in life. About the Author Lindsey Agness is head of The Change Corporation (www.thechangecorporation.com). She runs courses and seminars for companies and individuals from all walks of life. Formerly a corporate change management consultant at a top global firms, Lindsey is able to bridge both the business and personal development market. She is one of the first female NLP masters.