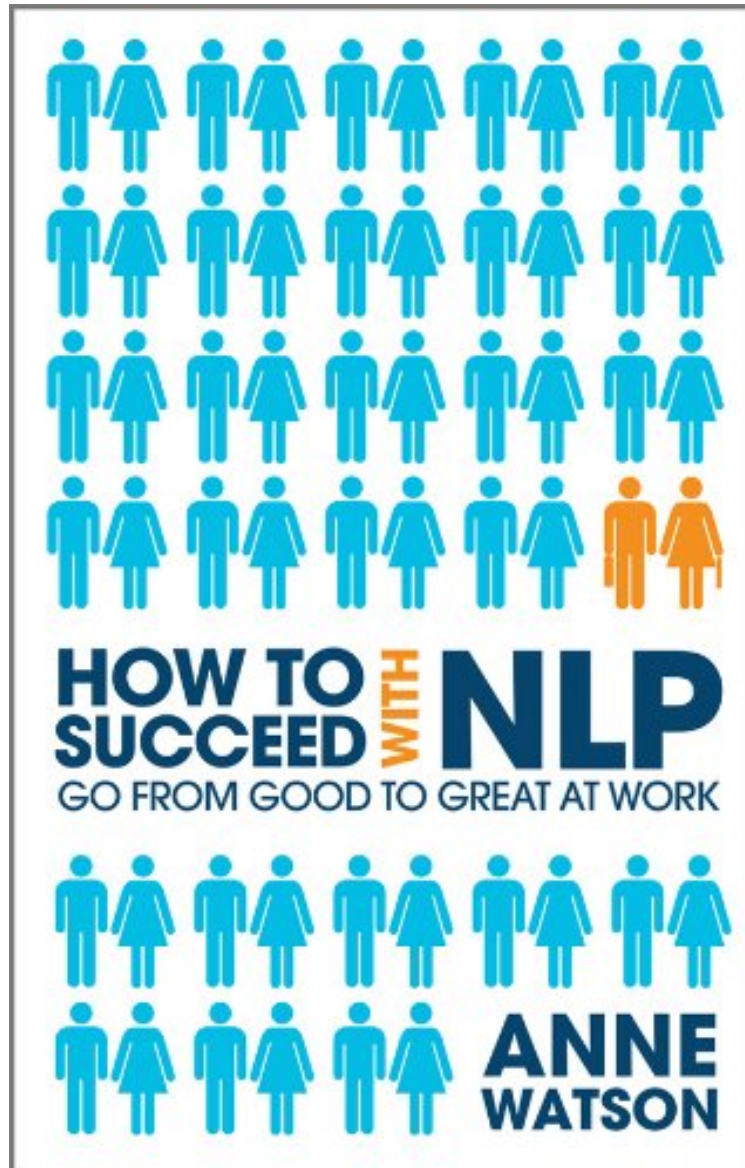


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How to Succeed with NLP: Go from Good to Great at Work

Anne Watson

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Anne Watson : How to Succeed with NLP: Go from Good to Great at Work before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Succeed with NLP: Go from Good to Great at Work:

0 of 0 people found the following review helpful. Must read for overall self-improvement, leadership skills, and communication skills.By Molly KuhnI bought this only because it was a recommended book by after reading "Good to Great" by Jim Collins. Since I loved that book I decided to give it a try although I was sure it would be a lot of hocus-

pocus. On the contrary, the book is fascinating! I learned so much about myself, my communication techniques, how to better relate to people/co-workers, and so much more. Particularly, it's helped me in job interviews and developing leadership skills. You will learn how to improve how you think about yourself as well as how people perceive you and/or what you say. It's easy to read, but I would not recommend Kindle version as I kept finding myself wanting to go back and reference something and (for me) it's easier to flip through a real book to look something up quick. I ended up reading this book twice and then skimmed through it a third time to take a bunch of notes on the overarching themes and concepts. I read through those notes frequently and every time I'm still amazed at what I learn. 15 of 15 people found the following review helpful. Extremely useful Business Guide By Cheryl A. Blalock I was immediately drawn in to this book by the frank and engaging style of the author. Ms. Watson expects the reader to be an adult thinker. She does not spoon feed answers, but rather gets us to look at ourselves clearly and take ownership of our careers and successes. Ms Watson's approach in her book is both intellectual and practical. She guides the reader through a series of steps to analyzing their own style, to thinking through their own goals, then looking at the major inhibitors to reaching those goals. The approach really works when she breaks down basic attitudes and habits and then explains how to reframe each in the most positive way. I found myself thinking both of how I respond to the questions and points today, how I used to respond, and comparing to understand both my growth and the roots of the changes in those responses. The most important and lasting things about this book are the tools Ms. Watson provides to taking control of our own success. I had no formal exposure to NLP prior to reading this book, and I was very pleasantly surprised at how the logic could be explained and assimilated so well through my own efforts as a reader....and Ms. Watson's great skills as a communicator. This is a book I'll keep as a reference if I find myself getting stale or "stuck" in the future. I highly recommend this book to people at ANY point in their career, and particularly during such difficult working environments as we have now.

Think like the best and succeed like the best Ever wondered how some people always manage to succeed? Well wonder no longer, How to Succeed with NLP examines exactly how those people do it and breaks down everything you need to know to emulate their success. This energising book shows you how to change your mindset and alter your behaviour to become the most valuable asset in your company. The NLP techniques will provide any ambitious, eager person with the perfect toolkit to get ahead. You will learn how to; increase your confidence, improve your influencing skills, handle conflict situations, dispel anxious feelings, trust your intuition, create a rapport with others, be more effective in your communication, understand and use body language, define the results you want and set about achieving them.

About the Author Anne Watson has spent the last twenty-five years of her career in the world of headhunting and recruitment. She runs her own headhunting organisation, Executive Focus Ltd, based out of Harrogate in Yorkshire. Known for Inspiring people and unleashing talent, she works with boards of management and executive teams of national and international organisations to help them define their strategic direction, and source and manage their recruitment requirements. She has handled hundreds of assignments from board level down spanning the globe and cutting across all business sectors. In the course of that work she has interviewed thousands of people and has placed many of them in new positions. She has helped people with their career choices along the way, whether they have been made redundant or decided to change roles - she has even helped people move when they didn't realise they wanted to! She has co-authored two books with Heather Summers, The Book of Luck and The book of Happiness. After graduating from St Andrew's University with an MA Hons in Hispanic Languages and Literature, she joined the Immigration service in Southampton and Heathrow. She lived in Pakistan for two years with her husband Martin and now lives with him in the Yorkshire Dales.