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NLP COACHING: How to use Neuro-Linguistic programming methods to reduce stress and improve your personal and professional life (nlp techniques, nlp hypnosis)

Ryan Smith

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Discover how to use NLP methods to improve your life

You’re about to discover how to use Neuro Linguistic Programming methods to improve your performance. This book contains proven steps and strategies on how to improve your performance by using NLP techniques. Neuro-linguistic programming or NLP is basically defined as a method that seeks to understand and change human behaviors

This book will help you understand what NLP really is. This book will present NLP to you in a whole new light. This book will show that the practice of NLP is NOT at all intimidating, overwhelming and complicated! This book will ease you into the methodology and will guide you through it, until the end.

Here Is A Preview Of What You'll Learn...

- How capable are you to change?
- What is Neuro-linguistic programming ?
- How NLP methodology can impact your life?
- How to apply NLP techniques in your life?
- What are the NLP myth busters?
- How to sustain NLP in your daily life?
- Much, much more!

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