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NLP Workbook by O'Connor, Joseph (ebook)

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Joseph O'Connor, a leading international NLP trainer and co-author of the bestselling *Introducing NLP*, offers a stepbystep guide to learning the NLP methods and techniques to help you become the person you want to be in the *NLP Workbook*. The *NLP Workbook* is a complete guide to NLP that includes: How to create and achieve outcomes

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A pocket-sized introduction to essential NLP principles and techniques you can apply to your life today. The Little NLP Workbook is a practical guide full of simple neuro-linguistic programming exercises to help you take your life in the direction you want.

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NLP Workbook : A Practical Guide to Achieving the Results ...

Welcome to the NLP workbook. This is the most comprehensive guide to Neuro-Linguistic Programming available. It has all the main material to practitioner level as well as many exercises, suggestions and resources that go further.

NLP Workbook: A practical guide to achieving the results ...

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Practical Natural Language Processing

NLP is not only a collection of effective techniques, it is also a way of thinking based on curiosity, exploration, and fun. The 'NLP Workbook' is a complete guide to NLP and includes:

- The principles of NLP clearly explained in an easy-to-follow format.
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NLP and the science behind how people work. This book introduces you to the fact that our language (verbal and body) is a mirror to our innermost beliefs.

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