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Titolo	How to be confident with NLP : powerful techniques to boost your self-confidence // David Molden and Pat Hutchinson
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Descrizione fisica	1 online resource (vii, 201 p.) : ill
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Soggetti	Self-confidence Neurolinguistic programming
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Note generali	Revised edition of: How to be confident. 2008.
Nota di contenuto	Reach out for real confidence -- Self-awareness is the key to confidence -- Believe in yourself -- Stay on the field, keep the shutters open -- Connect with others -- Create empowering feelings -- Step outside your comfort zone -- Who is knocking your confidence? -- Confident body, confident mind -- Imagine successful outcomes -- Lining up for confidence -- The confidence challenge.
Sommario/riassunto	Confidence is a powerful force. When we have it, we feel we can take on the world; when we dont, even the smallest challenge can feel impossible. But confidence isnt something that has to come and go it is possible to feel confident all of the time. How to be Confident with NLP , now in its second edition, will show you how neurolinguistic programming (NLP) can help you be confident anywhere, anytime. Whatever you need to do presenting, meeting new people, supercharging a career or driving a car NLP has all the tools to help you feel the way you want to feel. Youll create new states of mind and new behaviours so you can call on an inner core of confidence whenever you need to. With the power of NLP you can be confident, not just some of the time but all of the time