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Edizione	[1st edition]
Descrizione fisica	1 online resource (249 pages) : illustrations
Collana	Brilliant
Disciplina	158.1
Soggetti	Neurolinguistic programming
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes indexes.
Nota di contenuto	Intro -- Brilliant Nlp Workbook -- Contents -- Acknowledgements -- Introduction - Welcome to the Brilliant Nlp Workbook -- Chapter 1: Create Compelling Outcomes -- Chapter 2: Reprogramming Your Habits -- Chapter 3: Swap Old Feelings for New -- Chapter 4: Empower Yourself With Positive Beliefs -- Chapter 5: Driven By Values -- Chapter 6: Connect and Engage With Rapport -- Chapter 7: The Elegance of Language -- Chapter 8: It Only Takes a Moment -- Chapter 8: Personal Strategies for Success -- Chapter 10: Modelling Excellence -- Chapter 11: From Perception to Rules -- Chapter 12: NLP's Own Belief System -- Index of Exercises -- General Index.
Sommario/riassunto	In this new workbook, NLP trainers, David Molden and Pat Hutchinson, have gathered the very best NLP techniques from years of teaching and training people from all walks of life. Each exercise has been chosen for maximum impact to ensure brilliant results, every time. Designed as a complete, step-by-step programme, it details every core aspect of NLP, from creating compelling outcomes and changing old habits right through to personal strategies for success and modelling excellence. Ideal for personal or professional use, it provides an invaluable resource to help you or your clients achieve their very best in life.

