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Autore Hightower, Paul

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Autore O'Connor Joseph

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Sommario/riassunto An Introduction to NLP reveals the techniques you need to achieve

excellence in everything you do. Specially designed for audio with listener participation exercises, this CD focuses on communication

strategies, using and understanding body languages, successful meetings and more! Some people appear more gifted than others. NLP (Neuro-Linguistic Programming), one of the fastest growing developments in applied psychology, describes in simple terms what these people do differently and enables you to learn these patterns of excellence. An Introduction to NLP teaches you practical skills to achieve excellent communication and great results in all areas of your life. Includes: how to create rapport with others influencing skills understanding and using body language how to think about and achieve the results you want the art of asking key questions effective meetings, negotiations and selling accelerated learning strategies. Specifically designed for audio, this CD also includes exercises that encourage listener participation.