Heart of the Mind: Engaging Your Inner Power to Change with Neuro-Linguistic Programming

By Steve Andreas

Real People Press. Paperback. Condition: New. 263 pages. Learn NLP in a way that is easy to understand, yet includes the depth that makes it possible for you to gain the benefits. NLP developers and trainers Connirae and Steve Andreas show how you can directly apply NLP in your own life. They share specific NLP methods that make a difference in 21 life areas that matter: overcoming anxiety, dealing with trauma, negotiation, resolving grief, parenting positively, motivation that works, fulfilling decision-making, relationships, self-healing, the naturally-slender eating strategy, recovering from shame and guilt, and more. Filled with examples and anecdotes, along with step-by-step outlines, this book makes it easy for you to apply the same methods that have helped many people around the world turn their hopes into reality. Every reader is certain to find many topics of personal relevance. Even though this book is written as an introduction—no background is needed and it feels easy to read—it includes the subtle understandings of these seasoned leaders in the field of NLP. You'll find material here that isn't included in other NLP books. The chapter on Personal Timelines for example, reveals how to easily uncover our individual ways of coding time,...

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Reviews

Extensive guide! Its this kind of great read. It is really simplistic but excitement from the 50 percent of your pdf. I am just quickly will get a pleasure of looking at a composed book.
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Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
— Llewellyn Terry
Heart of the Mind: Engaging Your Inner Power to Change through NLP, by Connirae & Steve Andreas. This unique introduction to the field of NLP is packed with specific methods you can use in many areas of your life. Each chapter focuses on a special area, including decision-making, motivation, getting over unwanted habits, overcoming anxiety, self-healing, healing trauma & abuse, parenting, and much more. NLP on CD: Transforming Troublesome Internal Voices, CD, Steve Andreas. Listen to Steve presenting some of the key methods in this book. 120 min. 2 CDs, plus 4-page handout. Heart of the Mind: Engaging Your Inner Power to Change With Neuro-Linguistic Programming. Connirae Andreas/Steve Andreas. ISBN: 0911226311. The term neuro-linguistic programming could also be viewed through each component. Neuro refers to the neurological system—the world is experienced through the senses and the sensory information is translated into our thought processes, both consciously and unconsciously. Part of the reason NLP can reduce anxiety and stress is its linguistic mechanism. Most people, who are anxious, feel calmer when they are able to talk about the anxiety problem. With the help of NLP, you can change the internal response you get when you see an animal you are scared of, for instance. If you are afraid of public spaces, you can learn strategies that help you control your emotions when you need to take the stage. Improve your health and relationships.