Teach Yourself NLP

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Neuro-linguistic programming, or NLP, is one of the hottest self-help techniques today, linking a person's psychological experience with its corresponding effect on the nervous system. Teach Yourself NLP begins with the basic theory and fundamentals of NLP and then introduces readers to practical techniques designed to help them improve both their professional and personal lives. With the help of this guide, the reader can identify his or her shortcomings and use tried-and-true methods to overcome them--from quitting bad habits, to losing weight, to communicating with others more personally and confidently.

Teach Yourself NLP Details

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From Reader Review Teach Yourself NLP for online ebook

Haneen Alshujairy says

got this book as a gift when I was 17, now even though I have a ritual of giving away every book I read after finishing it, this is the only book that's still in posessions. played an interesting role in changing the way I approached issues growing up.

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Adam O'Connor says

NLP is a little-known branch in the study of psychology. very interesting. very powerful. this series of books is handy.

Supinder says

A succinct summary of the main pillars of nlp theory with several exercises included to build on identifying key nlp teciques, such as modelling and focusing on the language an individual is using. Some information is dated and has been superseded with research which focuses exclusively on the 'as if' techniques rather than reframing incidents mentally. Negative aspects is the limited number of citations and research which counter nlp, the author has pretty much only stuck with Grinder, Bandler, Erickson, DeLouizer and Dilts. Also there are numerous adverts at the back for nlp coaching sessions.

Sparkster Hubs says

This is one of the best, most informative and useful books I have read on the topic of NLP and could be somewhat considered to be a beginner's user manual for the human mind. Very articulate, well written and consistent and an extremely useful book for those that want to learn more about the human mind, communication and how people work.

Meka says

I have the Arabic Edition

Nura Yusof says

An excellent overview and an immensely useful guide worth going back to again and again. A surprisingly easy read on a subject that can be hard to follow.

However, this book should never be considered as the only NLP guide you'll ever need. For instance, some of the techniques are a little tricky. Further reading from other resources can be useful to make for better understanding of the subject matter.