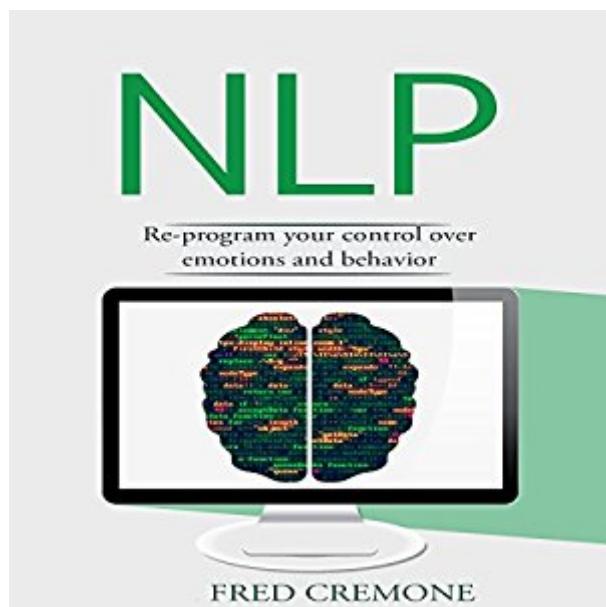


The book was found

NLP: Neuro Linguistic Programming: Re-Program Your Control Over Emotions And Behavior, Mind Control, 3rd Edition



Synopsis

Have you been struggling with trying to change behaviors but have seen no real success? What is it that makes lesser desired behaviors so difficult to change? Addictions, unexpected outbursts of anger or frustration, and chronic procrastination are just a few of the behaviors that can take hold of your life and make everyone around you miserable. They can actually tear down your health and cause even more issues that are difficult to fix. Learn how much emotions can drive behaviors Find out how to discover what is behind your bad behaviors Learn how to set reasonable goals for desired changes Learn how behavior modification can be done at home, work, or anywhere you choose Find out how to get control of less than desirable behavior permanently and quickly Not being in full control of your emotions can be very draining and can make life more of a grind than it needs to be. No matter what the emotions might be, if they are constantly in high gear it causes stress and anxiety. Out-of-control emotions are the biggest reasons behind road rage, domestic violence, and increased or high blood pressure. Elevated blood pressure from constant bouts of anger and stress can easily lead to heart attacks and strokes. How can you protect yourself from health-related problems from a simple lack of emotional control? Learn how to get off the emotional roller coaster Find an easy way to recognize unhealthy emotional response and deal with it at the time Learn how to use physiology to change emotional states immediately Find out how NLP can positively change your emotional landscape for good Learn how to start making the changes you need to live a calmer and happier life This book will show you how to use NLP to get control of behaviors and emotions with very little time and effort. You will wonder why you never tried it before.

Book Information

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Customer Reviews

To succeed in a very competitive world today, you must have the confidence, great communication skills and leadership qualities. Having these said qualities and skills will make you superior among others. NLP is famous for its range of techniques. It has techniques for changing and improving just about anything you do! Bear in mind that NLP techniques are designed to be supported by a lot of subtle skills such as rapport, calibration, language patterns, anchoring, belief preparation, etc.

It's these skills which make a technique fly rather than work for some situations but not for others. It's easy to react to something negatively and then become stressed or upset about it. The following NLP technique can help neutralize negative emotions in such situations. It can even cure phobias, because it allows to objectively view the situation. Not only that, NLP can greatly help you nurture your full potential in your professional career or wherever you desire. This book will help you to use NLP to change the way you think about yourself and how you perform in certain situations, then give you some practical steps to help you become the very best you can.

A well balanced book. A lot of effective information has been provided in this book. I was actually impressed by how much useful information is squeezed in such a short book. Author has described every single thing very clearly with some proper explanations. Such an excellent book. Highly recommended.

This idea is really something we need, is a guide with tips on how to enhance our Neuro Linguistic Programming ability that will help us. Lots of basic and effective techniques that are easy to follow. This book will help us to have a better understanding of what we can benefit from having significantly control our emotions and behavior. New discoveries of easy and informative book to an effective way of social life. A very amazing guide.

This is a great way to learn the basics of NLP. It really breaks the concepts down so that they are easy to use right away. It is full of doable, powerful and enlightening exercises that can help anybody effectively combat a life problem. There are also wonderful visualization, goal settings and communication techniques that will help you live life to your fullest potential. This book is very helpful on how to lead our life the way we think.

Absolutely fantastic information on how to train your mind to change to what you want. It's inspiring to see how simple yet effective the tools Fred Cremone's are created from observing success. I really like the concept of NLP and know it's a powerful tool that I need to access and use more often.

I certainly enjoyed reading this book. Managing to muster up the willpower, I first of all managed to read the whole thing from cover-to-cover. Afterwards, I started dipping into the book and reread bits which I felt would have the most beneficial impact to my life.

This book contains various NLP techniques for reprogramming your brain for better performance and happier life. I found many interesting techniques that I could use daily. Great book for anyone interested in Neuro Linguistic Programming

Neuro Linguistic Programming is known to be the master of human behavior. Habits, addictions and emotions can be well controlled with the help of NLP. This book has easy to read content and tips that will help you achieve better mental control and other aspects of the mind. I recommend buying this book and giving it a try.

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