

Frogs into Princes Neuro Linguistic Programming



BOOK DETAILS

- Author : Richard Bandler
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BOOK SYNOPSIS

This work covers Neuro Linguistic Programming (NLP), a model of human experience and communication. Using the principles of NLP, the book asserts that it is possible to describe any human activity in a detailed way that allows the reader to make many changes quickly and easily. It claims that using the techniques of NLP one can learn to: cure phobias and other unpleasant feeling responses; help children and adults with learning disabilities overcome these limitations; eliminate unwanted habits, eg. smoking, drinking, over-eating and insomnia; and make changes in the interactions of couples, families and organizations so that they function in ways that are more satisfying and productive.

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