



NLP: How to Use Neuro-Linguistic Programming to Change Your Life (Hay House Basics)

Ali Campbell

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This book is a no-nonsense, fun, all-you-need-to-know guide to the world of Neuro-Linguistic Programming. Written by one of the world's top NLP experts, Ali Campbell, it uses the techniques of NLP to teach you the techniques of NLP. Learn how to:

- reprogramme your mind to create the life you want
- change your emotional state quickly and easily
- overcome fears, phobias and frustrations
- transform even lifelong habits quickly
- be at your best when you really need it

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