



The Beginners Essential Nlp Guide: 7 Simple But Powerful Techniques to Change Your Mind, Overcome Anxiety, and Eliminate Crippling Self Doubt So You Can Achieve Your Full Potential in Life (Paperback)

By Timothy Lee

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. You are about to discover proven steps and strategies on how to reprogram your life and enable yourself to release yourself from personal fears and become the best version of yourself. Here Is A Preview Of What You ll Learn. Defining NLP How to Overcome Any Addiction Removing Fear From Your Mind Quick Fix For Self-Esteem Appreciate Behaviours Induce a Positive State Make Your Feelings More Useful Turn Any Failure into a Learning Experience Much, much more! See What Other s Have Been Saying About Amazon Best Selling Author Timothy Lee, (BA) Psych: Though there are many self-help books on stress management, Timothy s books reduces the information to the pearls that are far easier to assimilate. Reading his books actually gives the feeling of the exit of stress. and that is fine writing. - Grady Harp. HALL OF FAME TOP 100 REVIEWER My patient s are always looking for simple take home techniques to help them with managing their stress levels. I feel I could bring some of Tim s Techniques into my therapy clinic, especially the create a worry...



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