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NLP

Techniques Anyone Can Use



Roger Ellerton PhD, CMC

My purpose in writing "NLP Techniques Anyone Can Use" is to briefly illustrate the potential of NLP and to encourage you to explore how NLP concepts can make a difference in your life. I begin by showing that NLP is based on solid theoretical footings from respected disciplines such as: psychology, physiology, systems theory and communication. This is followed by ten typical NLP processes that illustrate the breadth and potential of NLP. The ten NLP processes include a description of when the process may be used and the steps involved. These processes are described in non-NLP jargon so that virtually anyone - parents, coaches, those in the helping professions, etc. - can use the techniques to help themselves or their children/clients to be more resourceful in certain situations, be more aware of their actions on others or to undertake interesting and challenging opportunities without being side-tracked by anxiety. Please be aware that this book is not a comprehensive introduction to NLP.

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