



# NLP: Neuro Linguistic Programming - Ultimate Techniques For Beginners

*Catherine R. McCoy*

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# **NLP: Neuro Linguistic Programming - Ultimate Techniques For Beginners**

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This essential guidebook explains the history, basics, and general facts of NLP. You'll learn powerful NLP techniques like the Soft Eye and Eye Pattern Techniques. With these easy-to-use tools, you can better understand others' points of view and perceptual positions. Soon, you'll be reading people like never before!

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In this book, Catherine provides a frank discussion of the positive and negative aspects of NLP and explains its many benefits. This powerful practice can help you reduce your stress levels, make better decisions, and improve your focus. With NLP, you can access the mental and emotional states you choose and get the results you really want!

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