



# **Neuro-Linguistic Programming: A Practical Guide to NLP: Understanding Neural-Linguistic Programming: Heighten Your Communication, Your Internal Happiness, And Your Path To Your Goals**

*Nathan Bellow*

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## **Neuro Linguistic Programming**

### **Understanding Neural-Linguistic Programming Techniques Reveals Essential Self-Fulfillment and Self-Actualization**

**Proven Neural-Linguistic Programming techniques actively help you release your past angers, your past depression, and your past phobias to stand anew. You can be more than you ever thought you could be.**

This book asks you the questions: are you in complete control of your mind and your heart? Is every decision you make rooted in your deep desires to seek a specific goal and reach self-fulfillment? Do you find yourself continually burdened by your past and what you already believe to be true about yourself to even seek success?

### **Free Yourself from Your Tumultuous Past and Your Negative Internal Thoughts**

Don't allow your past life to control what you do in your present and future. Allow an understanding of anchoring, representational systems, sensory acuity, and greater rapport with your friends and family to fuel you with interior, neural strength. You are not a slave to your past, and you can reassign yourself to a better, more upstanding future.

### **Reach Toward Your Ultimate Goals and Release Everything Else**

With Neural-Linguistic Programming, you are the guide of your brain and your thoughts. You have a greater understanding of the world around you, and you can find a way to exist in that world with compassion, with

greater strength, and with enhanced values. Fight for better perception of your world. After all, at the end of the day: you only have yourself. Fight for the best version of YOU.

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**David Browning:**

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**Sandra Leggett:**

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