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Neuro-linguistic programming (NLP) is about increasing your options instead of being restricted by your experience and saying, 'this is the way I do things, and this is how it has to be.' To benefit from NLP, be bold, and open yourself up to questioning and challenging your

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programming is all about the way we experience life and the world around us. With the right awareness and the proper tools we can make real progress in understanding what sets us apart and what unites us. Now, perhaps more than ever, we need to work at understanding each other and having productive discussions.

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Summary**

Neuro-linguistic programming (NLP) has taken the psychology world by storm. So much more than just another quick-fix or a run-of-the-mill self-help technique, NLP shows real people how to evaluate the ways in which they think, strategise, manage their emotional state and view the world.

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This then enables them to positively change the way they set and achieve goals, build relationships with others, communicate and enhance their overall life skills.

Neuro-linguistic Programming For Dummies by Romilla Ready ...

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