



NLP - das WorkBook (German Edition)

Joseph O'Connor

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Dieses didaktisch wohldurchdachte Basislehrbuch aus erster Hand lädt ein zum Eintauchen in die faszinierende Welt des NLP. Es bietet Einsteigern eine systematische Einführung, mit vielen praktischen Anregungen zum Ausprobieren, und liefert gleichzeitig Arbeitshilfen für NLP-Trainer:

- Das Buch kann als Grundkurs des NLP eingesetzt werden, im Selbststudium oder als Begleitbuch für die Practitioner-Ausbildung.
- Es erklärt umfassend die Grundlagen des NLP: wie Kommunikation und Lernen funktionieren, wie wir unsere subjektive Wirklichkeit erschaffen und wie wir außergewöhnliche Erfolge erzielen.
- Es beschreibt alle wichtigen NLP-Techniken und zeigt, wann und wie sie einzusetzen sind.

Dies alles präsentiert Joseph O'Connor in seiner aus weiteren Büchern bekannten bildhaften Sprache ebenso strukturiert wie leicht verständlich. Hier vermittelt er sozusagen das ABC des NLP - anschaulich, kompakt und kompetent.

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