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~~Book Review: NLP and Personal Growth  
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NLP and Personal Growth Thoughts: A  
Series of Articles by Roger Ellerton  
Volume 1. Brief Description: This ebook  
is an eclectic collection of fifteen NLP and  
personal growth articles that I have  
written. These articles range from



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By Roger Elliott  
discussing basic NLP concepts to  
challenging your current way of thinking  
and how you currently view the world.

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Neuro-linguistic programming (NLP) can  
help you to spot and change negative

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thought patterns, assumptions and processes. Use these four NLP techniques from Dee Marques to change how you think and feel happier. Neuro-linguistic programming (NLP) is often used to improve interpersonal dynamics. It also has applications in personal growth and development.

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stagnant, or maybe it just needs to grow  
from where you are. After all it affects all  
aspects of your life. Alexandria, MN

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Neuro-linguistic programming is a way of  
changing someone's thoughts and

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behaviors to help achieve desired  
outcomes for them. The popularity of  
neuro-linguistic programming or NLP has  
become ...

~~Neuro-linguistic programming (NLP):  
Does it work?~~

Whereas, the Neuro-Linguistic

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Programming (NLP) techniques are capable of covertly inducing the thoughts in the subject's unconscious mind that are consciously unnoticed. The persuasive power is high in neuro-linguistic programming, and this technique is far more used in business, politics, marketing, socializing, religious acts, etc. (Read also

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The knowledge of NLP, Time Line Therapy's techniques, and Hypnotherapy together create a very powerful set of skills that would enable the practitioner-personal growth coach to assist the client to take action toward the realization of their goals. More so, it is important to

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Understand that this set of techniques and skills enables the NLP coach to assist the client in taking responsibility for his/her results, to increase his/her optimistic attitude by focusing on positive internal ...

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A harsh rejection, a personal loss or perhaps public embarrassment may have left a mark on their map, preventing them from pushing forward in the future.

Language and NLP The final theory behind NLP coaching is that it is down to the person to push the boundaries of our maps by reprogramming our internal

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Neuro-linguistic programming is a method of changing a person's thoughts, feelings, and behaviors, for achieving desired results for them. The rise in popularity of NLP or neuro-linguistic programming has

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become common since its inception in the 1970s, in California. The system's usage includes treatment of stress, anxiety, and phobias disorders; along with coaching and training techniques for enhancing performance and growth in one's personal and professional life.

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~~What Do You Know About NLP?  
Vision, Belief, Change~~

The NLP Swish Technique. With the NLP Swish Pattern you can quickly deal with negative thoughts □ so they no longer get in your way. This article teaches you how to do this. (By the way, the terms Swish Technique and Swish Pattern are used

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interchangeably). Use the NLP Swish to weaken negative thoughts

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While many people study NLP and Time Line Therapy® techniques for their own personal growth and development, they are also of the utmost value to the



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professional. There are many people that use NLP, but regardless of profession, the majority of NLP participants are searching, and finding, better and more effective ways to increase their performance and improve their effectiveness.

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~~Time Line Therapy® The Tad James Co.~~

Neuro-linguistic programming (NLP) is a psychological approach that involves analyzing strategies used by successful individuals and applying them to reach a personal goal.

~~Neuro Linguistic Programming (NLP)~~

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If you take time to read all of the articles and fully consider what is said, rather than quickly skimming them, your thoughts about yourself and what is possible will most likely change. A companion ebook contains another fifteen articles and a third is planned. Many of these articles appear

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different childhoods, have different cultural experiences and I am sure our beliefs and values differ in some way. As a result, you may find some of the articles particularly insightful, while other articles may be challenging or not resonate for you at all. And then your friends or family members may have totally different

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Opinions on the articles, yet again. Yet, a year from now, articles that you found particularly moving may no longer resonate as you have moved past that issue in your life; while articles that originally did not make sense, seemed inappropriate or were just bland may be the ones that hold new insights or truths for you. If you

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do find an article challenging or not relevant and you want to quickly dismiss it, I respectfully request that you come back to that article when you have time to fully relax. Explore if there is something in the article that you are choosing to ignore at this time and that if you were to fully explore that issue or idea perhaps it

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would open new doors or avenues of thought that will make a significant difference in your life.

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By your current way of thinking and how you view the world around you. If you take time to read all of the articles and fully consider what is said, rather than quickly skimming them, your thoughts about yourself and what is possible will most likely change. A companion ebook contains another fifteen articles and a third

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is planned. Many of these articles appear on my website, [renewal.ca](http://renewal.ca). As well, some articles, in whole or in part, have appeared in my previous books or have been published in magazines or newsletters (e.g. NASA's Work/Life Navigator newsletter, The Costco Connection magazine, Tone magazine, Canadian Mortgage

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additional editing. Although you and I  
have some common interests, we are far



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from identical. We have experienced different childhoods, have different cultural experiences and I am sure our beliefs and values differ in some way. As a result, you may find some of the articles particularly insightful, while other articles may be challenging or not resonate for you at all. And then your friends or family

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members may have totally different opinions on the articles, yet again. Yet, a year from now, articles that you found particularly moving may no longer resonate as you have moved past that issue in your life; while articles that originally did not make sense, seemed inappropriate or were just bland may be the ones that

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hold new insights or truths for you. If you do find an article challenging or not relevant and you want to quickly dismiss it, I respectfully request that you come back to that article when you have time to fully relax. Explore if there is something in the article that you are choosing to ignore at this time and that if you were to

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fully explore that issue or idea perhaps it would open new doors or avenues of thought that will make a significant difference in your life.

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Transformation - the Life Manual you didn't get when you were born! It's all about recognizing you have choice, you are always choosing. You have the choice of continuing to do what you have always done and get the same results, or you can choose to do something different.

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In the reality I was everybody's puppet. My colleague played with me, my wife grilled me like a pro. Even my children coax me as they wanted. One day I decided It was enough. So I started to invest in myself with the only goal to improve my life. So, I studied the main self-help and NLP books. And I understood the problem

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By me and my lack of awareness. This book gives a comprehensive guide on the following: .What Is Neuro-linguistic Programming? .How NLP works .NLP skills in seduction .NLP skills in sales .NLP techniques in manipulation .How to avoid been manipulated .How to Build Successful Relationships .How to Use

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Again ... AND MORE!!! NLP explores the  
relationships between how we think



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(neuro), how we communicate (linguistic) and our patterns of behaviour and emotions (programmes). The idea is that, by studying NLP people can adopt more successful ways of thinking, communicating, feeling and behaving.

You can get anything in the world that you

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want, if you help somebody else get something they want. [Zig Zigler Whether you are a parent, son/daughter, friend, employee, manager or salesperson, you are constantly influencing others to accept you, your ideas, products or services. Those who masterfully present themselves and their ideas in a win-win manner, get

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ahead. Those who do not, may reap short-term gains and eventually fail in their objective. Influence is critical in leadership, negotiation, teamwork, sales, resolving family issues and getting others to buy into your ideas. Follow and practice the concepts, tips and processes described in this book and improve your influence

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Results with anyone in a manner that achieves a win-win outcome. The emphasis is on expanding your influence skills and results in everyday situations. For example, through this book, you will learn how to: Enhance your personal and business relationships. Create the career you want. Become a stronger negotiator.

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Enjoy the family life you desire. Create healthy work environments. Be who you choose to be. Whether you realize it or not, you are constantly influencing other people's thoughts. You do this through your actions as well as your inactions. One of the best, if not the best, communication models is neuro-linguistic programming

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(NLP), which forms a fundamental part of this book. How important is the ability to influence others? No matter whether you are a businessperson, teacher, parent, stay-at-home spouse, employee or manager, dealing with people is probably the most important activity you undertake throughout the course of your day. A

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number of years ago, research sponsored by the Carnegie Foundation for the Advancement of Teaching and later confirmed at the Carnegie Institute of Technology discovered that even in engineering, about 15 percent of one's financial success is due to one's technical knowledge and about 85 percent is due to

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interpersonal skills. If you are ready to be the difference that makes the difference in creating better results in your life, grab a copy and let's get started!

You can get anything in the world that you want, if you help somebody else get something they want. -Zig Zigler Whether



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You are a parent, son/daughter, friend,  
employee, manager or salesperson, you are  
constantly influencing others to accept  
you, your ideas, products or services.

Those who masterfully present themselves  
and their ideas in a win-win manner, get  
ahead. Those who do not, may reap short-  
term gains and eventually fail in their

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objective. Influence is critical in leadership, negotiation, teamwork, sales, resolving family issues and getting others to buy into your ideas. Follow and practice the concepts, tips and processes described in this book and improve your influence results with anyone in a manner that achieves a win-win outcome. The

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emphasis is on expanding your influence skills and results in everyday situations. For example, through this book, you will learn how to: Enhance your personal and business relationships. Create the career you want. Become a stronger negotiator. Enjoy the family life you desire. Create healthy work environments. Be who you

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choose to be. Whether you realize it or not, you are constantly influencing other people's thoughts. You do this through your actions as well as your inactions. One of the best, if not the best, communication models is neuro-linguistic programming (NLP), which forms a fundamental part of this book. How important is the ability to

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influence others? No matter whether you are a businessperson, teacher, parent, stay-at-home spouse, employee or manager, dealing with people is probably the most important activity you undertake throughout the course of your day. A number of years ago, research sponsored by the Carnegie Foundation for the

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Advancement of Teaching and later confirmed at the Carnegie Institute of Technology discovered that even in engineering, about 15 percent of one's financial success is due to one's technical knowledge and about 85 percent is due to interpersonal skills. If you are ready to be the difference that makes the difference in

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creating better results in your life, grab a  
copy and let's get started

I am the author of eight books -- three  
paperbacks and eight ebooks. Overall I  
have been successful in getting my books  
published and sold. However, I have made  
mistakes and learned some valuable

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Lessons along the way. This book is far from a complete resource on how to write, publish and market your books. The purpose of my book is to share with you my insights and experiences based on my mistakes and lessons learned. In doing so, my hope is to save you time and money and make your publishing experience less



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operating processes and eligibility requirements of these organizations vary from country to country.

NLP (Neuro-Linguistic Programming) has helped millions to overcome their fears, increase their confidence, and achieve greater success in their personal and

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professional lives and relationships. Now, from the company that created NLP: The New Technology of Achievement—one of the bestselling NLP books of all time—comes NLP: The Essential Guide to Neuro-Linguistic Programming. This user-friendly guide, written by three seasoned NLP Master Practitioners and coaches,

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leads you on a personal journey in using  
and applying NLP in everyday life.

Through their real-life stories, you will  
experience the NLP strategies you need to  
achieve specific results in business and in  
life. As you read NLP: The Essential  
Guide, you'll find yourself thinking in new  
ways and applying the techniques to your

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own personal challenges and opportunities  
for greater satisfaction.

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and self-actualization, including achieving  
goals, overcoming anxiety, and  
communicating with others.

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Aspects? Then Master This Neuro-  
Linguistic Programming Guide And See  
Unbelievable Results In All Areas Of  
Your Life! Throughout their entire life,  
people pursue all kinds of goals - a great  
relationship with their partner, crazy

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Success at their job, true and meaningful friendships... the good stuff... but nothing valuable comes quick and easy... Truth is, we all face different challenges along the bumpy road of life... However, the important thing here is - Do We Actually Understand How Our Behaviours Define Certain Outcomes To Play Out? This is

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Why Being a PRO In NLP (Neuro-Linguistic Programming) is so essential to achieving great success. And Now... With The Help Of This Impactful Guide, You Will Create A Powerful Shift in How You Perceive the World and the Way you Face The Difficulties Life Has to Offer! By following This Guide, you will: - Use NLP



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To Promote Personal Growth and  
overcome any limiting beliefs (because  
everything in this world is possible) -  
Calmly Solve Pressing Issues and  
Problems without overstressing, or beating  
yourself up - Build Meaningful  
Relationships and Friendships by better  
understanding each other (many people

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struggle on this, but now you got a solution!) - Boost Your Leadership skills and communicate effectively with your colleagues at work - Apply Special NLP Manipulation Techniques and easily get what you want (without looking like you are using the other person) - ... & so many other beneficial topics! Everyone wants to

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do great in life, but... You need to start with small, but consistent steps in developing yourself. Drop old bad habits. Define your values. Work on your emotions. Understand them better. Because once you master yourself, you will have the tools, and all the allies (family, friends, followers), to move

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forward... and even elevate them and bring out the best of their abilities, too! Sounds Like A Plan...? ... Order Your Copy Now And Become The Best Version Of Yourself!

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