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not their
behaviour. When
you accept the
person, you are
free to change
behaviour.

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possess all the
resources they
need to succeed
and achieve
their desired
outcomes - they
just need to

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unlock them.

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principles
presented here
are the very
essence of NLP
and what lies in
its core. They
are a foundation
of supreme psych

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19, Issue 6 Lisa

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programming, or

NLP, is not an

easy subject to

get one's head

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and other
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Wake. Publisher:
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or Neuro
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way to communication and personal development, the concept is based on the belief that neurological processes (language) and behavior are interrelated to each other. NLP sections are

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Practice – and in
NLP we always
add choices,
rather than take
these away. Mind
and body are
part of the one
system

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principles of
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particular
technique works
and how it links
back to the
overarching
theory and
principles of
NLP. How the
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is then
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followed by the

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personal and
professional
development.

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brilliance and
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outstanding
individuals and
organizations
get their

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outstanding
results. Joseph
O'Conner, a
leading
international
NLP trainer and
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step guide to
learning the NLP
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techniques to

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beginnings a
generation ago,
Neurolinguistic
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(NLP) has won
world-wide
recognition as
probably the
most powerful
set of tools
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improving
communication,

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disparate as
psychotherapy
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skills involved
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to achieve
superior
performance at
both the
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historic
background on
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Practice of neuro-linguistic programming, which utilizes language and other forms of communication to help the practitioner learn more about himself and others.
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NLP (Neuro-
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to be a powerful
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facilitating
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enhancing
performance.
Yet, despite the
success stories
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