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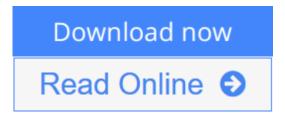
By Thomas D. Edison

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Neuro-Linguistic Programming is a well-established mental model that helps you to channel your thoughts and feelings towards achieving your goals. It is a set of communicative techniques designed to help you better understand the importance of the unconscious mind and how it effects conscious decisions.

In this book some of the core principals of NLP will be explained and many of the techniques that are said to make the magic happen will be talked about. The model itself can be viewed as a guide to living a certain way, or it can be used to compliment your own philosophy. You could also use it to convince people of just about anything.

The key to using NLP effectively is perseverance. You can try and you can fail but the positivity that is needed to pick yourself back up again is sometimes a heavy load, so NLP offers solutions for this as well. You will learn how to use it in your work and social life to get the most out of each experience you live. Whether it is persuading others that you are the best in the business, giving yourself the edge at work or at school, helping others to achieve their dreams or whatever else you want your life to entail, NLP is a step by step guide on how to do that.

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