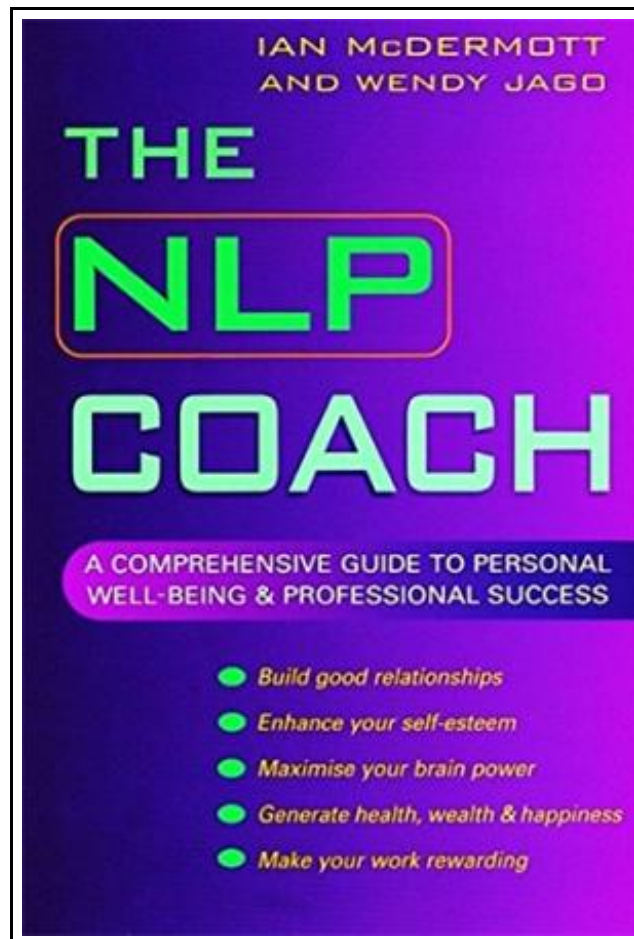


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(Prof. Maya Hand)


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Little, Brown Book Group, United Kingdom, 2003. Paperback. Book Condition: New. Revised ed.. 226 x 154 mm. Language: English . Brand New Book. This is a comprehensive, practical and user-friendly guide to self-coaching using the powerful techniques of NLP (neuro-linguistic programming). The book provides a step-by-step programme to help you achieve success at work and at home. All the essential NLP coaching tools are clearly explained at the beginning of the book, with examples and case histories. The next six sections of the book show you how to coach yourself to success in six key aspects of your life. Enhance your self-esteem Build good relationships and improve your communication skills Maximise your brain power, accelerate your learning and improve your memory Generate health, wealth and happiness Manage yourself and others better and make your work more rewarding Reach your full potential and become spiritually alive.

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