



## 5-Minute NLP (Collins Gem)

*Carolyn Boyes*

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Practise the skills and techniques of Neuro-Linguistic Programming in just five minutes a day with this handy, portable guide.

By studying the way others achieve excellence and applying this thinking to your personal and professional life, it's possible to improve the way you communicate from day to day.

The principles of NLP can seem daunting and the jargon can be hard to decipher—what is meant by rapport, changing emotional states, modelling, the conscious and unconscious? This book unpicks the jargon and makes the subject accessible for both novices and experienced NLP enthusiasts alike.

The pocket workbook-style makes it easy to develop your communication skills at any time with quick exercises, activities and techniques. All you need is a pencil.

Fully illustrated throughout, including a clear introductory section explaining the basics of NLP as well as an extensive glossary for reference this is the ideal practical guide to help you build upon and practise your communication strategies at your own pace.

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