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#### Frogs Into Princes *Canadian National Institute for the Blind, [198-]*

"NLP is an explicit and powerful model of human experience and communication. Using the principles of NLP it is possible to describe any human activity in a detailed way that allows you to make many deep and lasting changes quickly and easily. A few specific examples of things you can learn to accomplish are: (1) cure phobias and other unpleasant feeling responses in less than an hour, (2) help children and adults with "learning disabilities" (spelling and reading problems, etc.) overcome these limitations, often in less than an hour, (3) eliminate most unwanted habits - smoking, drinking, over-eating, insomnia, etc., in a few sessions, (4) make changes in the interactions of couples, families and organizations so that they function in ways that are more satisfying and productive, (5) cure many physical problems - not only most of those recognized as "psychosomatic" but also some that are not - in a few sessions. Actually, NLP can do much more than the kinds of remedial work mentioned above. The same principles can be used to study people who are unusually talented in any way, in order to determine the structure of that talent. That structure can then be quickly taught to others to give them the foundation for that same ability. This kind of intervention results in generative change, in which people learn to generate and create new talents and behaviors for themselves and others. A side effect of such generative change is that many of the problem behaviors that would otherwise have been targets for remedial change simply disappear. We are on the threshold of a quantum jump in human experience and capability."--Amazon.com

#### Frogs Into Princes

This work covers Neuro Linguistic Programming (NLP), a model of human experience and communication. Using the principles of NLP, the book asserts that it is possible to describe any human activity in a detailed way that allows the reader to make many changes quickly and easily. It claims that using the techniques of NLP one can learn to: cure phobias and other unpleasant feeling responses; help children and adults with learning disabilities overcome these limitations; eliminate unwanted habits, eg. smoking, drinking, over-eating and insomnia; and make changes in the interactions of couples, families and organizations so that they function in ways that are more satisfying and productive.

**Frogs Into Princes** *Moab, Utah : Real People Press*

#### Trance-formations

#### Reframing

#### Richard Bandler's Guide to Trance-formation *Simon and Schuster*

This wonderful book is for anyone interested in making their life significantly better. It is a goldmine of insights and techniques from one of the greatest geniuses of personal change. As you use the techniques in this book, you will exponentially increase your ability to make dramatic life-enhancing differences. It is by far one of the most entertaining and professionally stimulating books I have read. It will change your life!"--Paul McKenna, Ph.D, author of I Can Make You Thin and host of The Learning Channel's I Can Make You More than thirty years ago, Richard Bandler set out to discover how some therapists managed to effect startling change with their clients, while others were arguing about theories as their face patients waited in vain for help. Now widely regarded as the world's greatest hypnotist, Richard Bandler observed and developed patterns which became the foundation of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-development and change. Since coauthoring the internationally influential books, The Structure of Magic Volume 1, and Patterns of the Hypnotic Techniques of Milton Erickson, M.D. Volume 1, Bandler has traveled the world, honing his skills and helping people solve problems and achieve goals when other "experts" have been unable to help. Richard Bandler's Guide to TRANCE-formation, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling prescription for personal change. According to Bandler, "trance" is at the very foundation of human experience. People are not simply in or out of trance, but are moving from one trance to another. They have their work trances, their relationship trances, their driving trances, and their parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset or reprogram problem behaviors to desired alternatives, with lasting and life-altering results. Peppered with case studies and more than thirty exercises, Richard Bandler's Guide to TRANCE-formation, is an intriguing, engaging, and often amusing, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

#### The Origins of Neuro Linguistic Programming *Crown House Publishing*

The Origins of NLP brings together the recollections and thoughts of some of the main protagonists from the very early days of NLP. In 1971 Richard Bandler and Frank Pucelik were students at Kresge College at the University of California Santa Cruz. They had a strong mutual interest in Gestalt Therapy, Frank because of his traumatic time in Vietnam and because he had been working with some disaffected and drug-addicted kids, and Richard because he had been working with Science and Behavior Books on transcribing and editing Fritz Perls' seminal work, The Gestalt Approach and Eyewitness to Therapy. They started a local Gestalt group and ran 2-3 sessions a week collaborating and experimenting with the language of therapy. They started achieving some brilliant results but were having problems transferring their skills to others and so Richard invited one of their college professors, John Grinder, to observe what they were doing in order that he would, hopefully, be able to deconstruct what they were doing that was so effective. John was a professor of Linguistics and was instantly impressed with the work that they were doing. He was able to add more structure and in due course the three of them formalised what is now known as the Meta Model. NLP, or Meta as it was known then, was born.

#### Roots of Neuro-Linguistic Programming

Roots of Neuro-Linguistic Programming provides much of the important scientific background information that is not covered in the other "how-to" books written about Neuro-Linguistic Programming. This information is used to give important insights into how and why the specific NLP techniques work so effectively.

#### The Structure of Magic *Science & Behavior Books*

These seminal works in neurolinguistic programming (NLP) help therapists understand how people create inner models of the world to represent their experience and guide their behavior. Volume I describes the Meta Model, a framework for comprehending the structure of language; Volume II applies NLP theory to nonverbal communication.

#### Time for a Change

#### Heart of the Mind

There is a new powerful and gentle approach to overcoming life's problems. Experience the accounts of people whose lives have been changed and whose dreams became realities by tapping their own inner power to change with neurolinguistic programming. NLP offers techniques for a wide range of problems including unwanted habits, guilt, grief, weight loss, abuse criticism, shame, stage fright and phobias. NLP also offers ways to enhance self-esteem, improve relationships, become more independent, create positive motivation, eliminate allergic responses, and promote self-healing.--From publisher description.

#### Persuasion Engineering

Explains how we use our communicating processes to generate behaviours which unconsciously stand out on their own and speak for themselves. Covering everything from the sales process through to the close, the text considers the human communication processes present in a wide range of situations.

#### Using Your Brain--for a Change

Bandler covers a lot of ground in this book - in his unique style - and provides real insight into areas such as sub-modalities and multiple perspectives in a fairly short period (157 pages). The content is edited notes from a series of Bandler workshops (in a similar vein to Frogs into Princes and Trance-Formations). The book begins with an overview of NLP - making particular reference to the "new" submodality patterns (the book was written in 1985) and presenting these as a faster and more powerful way of creating personal change. Subsequent chapters provide a humorous exploration of many of the traditional approaches to personal change and outline many useful guiding principles (structure versus content etc) for the application of NLP to personal change. The author makes repeated reference to a number of epistemological issues underlying traditional psychological approaches that tend to focus on "what's wrong, when you broke, ... what broke you, ... and why you broke." He goes on to state that "psychologists have never been interested in how you broke, or how you continue to maintain the state of being broken." NLP on the other hand, Bandler asserts, assumes people work perfectly and that people are just doing something different from what we (or they) want to have happen. This provides a clear indication of the approach adopted in the remainder of the book, and suggests that the focus of NLP on subjective experience (as the study of subjective experience) is entirely valid and necessary. Bandler provides a convincing argument for tailoring all our change work to the individual - purely because each individual is unique. The book continues with a useful and insightful exploration of a number of techniques (including the fast phobia cure, contrastive analysis in belief change, integrated anchors and Swish,) as well as discussion of more general (and generative) strategies for learning and motivation.

#### NLP Principles in Practice

This book covers the main tools and techniques of NLP. Apart from this first chapter, each chapter follows the same layout. The overview and rationale for each tool/technique or philosophy is given. A literature review has been undertaken and any relevant literature to support or challenge the model is included. Any concepts that are directly related to the subject matter are summarised as are the principles of why the particular technique works and how it links back to the overarching theory and principles of NLP. How the technique works is then described followed by the key steps involved in applying the technique. Each section then concludes with a recommended exercise to follow and examples of how the technique can be applied across a number of different contexts.

#### Get the Life You Want *Simon and Schuster*

Richard Bandler is known worldwide as the cofounder of neurolinguistic programming (NLP). Here, in what will be considered a classic, is Bandler at his best—the most accessible and engaging work yet, detailing his proven methods that have freed tens of thousands of people worldwide of their destructive habits, phobias,and fears. When conventional therapy and drugs fail, Richard Bandler delivers, often with miraculous results. Richard Bandler cocreated the field of NLP with John Grinder in the early 1970s. Since then, Bandler's work revolutionized the field of personal change; his models and methods have been widely adopted and used successfully in colleges and universities, therapists'offices, professional sports teams, and businesses across the globe. While many people have written books on NLP, much of what has been written is based on Bandler's ideas. Get The Life You Want shares 'the how' from Bandler himself, with remarkable insights into some of his greatest and most advanced work to date, including compelling true examples from client sessions. With more than thirty exercises that promise rapid relief from any problem or habit, plus a glossary of terms and a detailed index, this is a culmination of a lifetime of work written in a simple, engaging style that both clinicians and laypeople will find effective. Richard Bandler's books have sold more than half a million copies worldwide. Tens of thousands of people, many of them therapists, have studied Bandler's blend of hypnosis, linguistics, and positive thinking at colleges and NLP training centers in the United States, Europe, and Australia. He is the author of Using Your Brain—for a Change, Time for Change, Magic in Action, and The Structure of Magic. He coauthored Frogs into Princes, Persuasion Engineering, The Structure of Magic Volume II, and Patterns of the Hypnotic Techniques of Milton H. Erickson Volume I.

#### Nlp *William Morrow Paperbacks*

NLP has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater sucess. Now the NLP Comprehensive Training Team has written a book that reveals how to use this breakthrough technology to achieve whatever you want. Short for neuro-linguistic programming, NLP is a revolutionary approach to human communication and development. In NLP: The New Technology of Achievement, you'll be guided step-by-step through specific programs for learning the characteristics of top achievers and creating a blueprint for unlimited sucess. Plus, an all-new twenty-one-day program created especially for this book provides you with the essential skills you'll need to achieve peak performance in business and life.

#### NLP *Harper Collins*

By the team behind the bestselling NLP: The New Technology of Achievement comes an essential new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step handbook. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind NLP: The New Technology of Achievement, one of the bestselling NLP books of all time, comes NLP: The Essential Guide to Neuro-Linguistic Programming \. Written by three NLP Master Practitioners and training coaches, including the president of NLP Comprehensive, with an introduction from the President of NLP Comprehensive, NLP: The Essential Guide to Neuro-Linguistic Programming guides users to peak performance in business and life, and gets specific results. In twelve illuminating sections, NLP: The Essential Guide to Neuro-Linguistic Programming leads you through dozens of “discoveries”—revelations of NLP practice that enable you to explore your own personal thinking patterns, to manage them—and to transform them. Divided into two categories, “All About You” and “All About the Other Guy,” these strategies offer a personal and interpersonal program that frees you to become better at managing your feelings instead of being dominated by them, managing your motivations, being less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected. Chapters on “Personal Remodeling” (Discovery 9: No inner enemy)

and “Secrets of Making Your Point” (Discovery 31: Convey understanding and safety without talking), enhance creativity, collaboration, cooperation, and communication. Through “mind reading” techniques—non-verbal communication, and “hearing what’s missing”—learn the secrets of relating with others, understanding how they are thinking—and influencing them. A streamlined all-purpose guide for both newcomers and NLP veterans, NLP: The Essential Guide to Neuro-Linguistic Programming is the new all-in-one, eye-opening blueprint for your own ultimate success.

#### Thinking on Purpose

Thinking on Purpose is an indispensable guide to anyone who wants to make changes in their life. Most people don't really 'think'. They 'remember'. That's why they are often destined to repeat the same negative patterns over and over again.

#### NLP Workbook *Conari Press*

Neuro-Linguistic Programming (NLP) studies brilliance and quality—how outstanding individuals and organizations get their outstanding results. Joseph O’Conner, a leading international NLP trainer and co-author of the bestselling Introducing NLP, offers a step-by-step guide to learning the NLP methods and techniques to help you become the person you want to be in the NLP Workbook. The NLP Workbook is a complete guide to NLP that includes: How to create and achieve outcomes How to choose your emotional state and shift thinking Meta modeling your own internal dialogue All of the basic NLP techniques and training exercises An Action Plan with exercises and suggestions for skill-building O’Conner discusses a range of topics from rapport and trust, and how to visualize, to negotiation skills, mental rehearsal and coaching. NLP Workbook is a book for everyone and anyone interested in NLP. The neophyte will find definitions, examples, and a step-by-step entry into learning how to use NLP, and trainers will discover many new ideas for NLP training.

#### NLP at Work, 4th Edition *Nicholas Brealey*

This major new edition of Sue Knight’s bestselling book NLP at Work has been extensively revised and updated, with an emphasis on the heart of NLP - becoming a model of excellence. In addition to a new slant to every chapter, there are three new chapters on the key things that make the biggest difference for the greatest results: Humor: enabling you to stand back and see things from a different perspective Clean questions: minimising yourself to find out the essence of the other person Time: understanding how what you get in life is influenced by your relationship to time past, present and future NLP at Work has sold over 100,000 copies and is one of the most popular books ever published on the practical skills of NLP and how it can be applied in business. It transformed NLP from a peripheral art into an accessible, practical concept with relevant applications in the areas of influence, communication, negotiation, teamwork and coaching. Clear, readable and jargon free, this book will help you get to the essence of what makes you and your business excellent and unique.

#### Wired for Success *Penguin*

Can your brain help you become more successful? YES! In Wired for Success, Wendy Jago introduces the reader to NLP—Neuro-Linguistic Programming—a therapeutic technique used to recognize and reprogram unconscious patterns of thought and behavior in order to modify psychological responses, and thereby alter your subconscious processes to work for you, instead of against you. Broken into two engaging sections, this book first teaches you how your mind can shape various experiences, and then offers steps to help you approach numerous real-life issues in new ways. Among the topics covered: • Prioritizing effectively • Negotiating • Beating stress • Utilizing teamwork • Spotting opportunities • Making decisions These simple techniques will increase your mental fitness and grant you the ability to succeed in times of change, challenge, and opportunity, so that you don't just survive— you thrive!

#### Strategies of Genius: Aristotle, Sherlock Holmes, Walt Disney, Wolfgang Amadeus Mozart

The purposes of the series Strategies of genius is to apply the tools of neuro-linguistic programming to analyze important historical figures in order to produce practical and effective strategies that can be learned and applied in other contexts. By analyzing quotations and anecdotes, the author describes the thinking processes of each individual studied and then shows how these processes may be used by the reader to enhance their own creativity and problem solving ability.

#### Get The Life You Want With Cd

Whatever You Want Richard Bandler, The Man Who Taught Paul Mckenna And Inspired Him To Greatness, Can Help You Get It. Full Of Simple, Potent Nlp Exercises That Will Take You Minutes To Do But Will Make Your Life Permanently Better, This Incredible Book Is A Must For Anybody Who Has Ever Wished For Anything But Not Found A Way To Get It. Richard Bandler The World-Renowned Co-Creator Of Nlp Who Has Helped Millions Around The World Change Their Lives For The Better Has Written A Simple And Empowering Book To Help You Get The Life You Want. He Will Help You Become The Master Of Your Mind So That You Make Your Mind Up And Don'T Allow It To Make You Up. He Also Includes A Huge Range Of Individual Exercises To Help You Master Different Areas In Your Life, From Getting Over Fears And Phobias And Breaking Bad Habits To Making More Money And Bringing More Happiness Into Your Life. Bandler Also Offers A Fascinating Insight Into Why His Techniques Work And How He Came To Develop His Life-Changing Nlp Techniques

#### Magic in Action

Transcriptions of video tapes by the originator and co-founder of Neuro-linguistic programming.

#### Persuasion Skills Black Book *Cabal Group Limited*

A manual for quickly learning some very powerful hypnotic language patters that you can use in practical, real world situations.

**Whispering in the Wind** *John Grinder & Carmen Bostic*

**Beliefs** *Crown House Publishing*

BELIEFS are the foundation of everyone's personal outcomes.This second edition of Beliefs: Pathways to Health & Well-Being includes new and updated material and offers leading edge technologies that rapidly and effectively identify and remodel limiting beliefs.It teaches you powerful processes for change and demonstrates how to identify and change beliefs using scripts from personal change work undertaken with individuals in workshops. These processes include reimprinting, conflict integration, belief/reality strategies, visualization and criteria identification.You will learn the latest methods to change beliefs which support unhealthy habits such as smoking, overeating and drug use; change the thinking processes that create phobias and unreasonable fears; retrain your immune system to eliminate allergies and deal optimally with cancer, AIDS and other diseases; and learn strategies to transform "unhealthy" beliefs into lifelong constructs of wellness.

**Neuro-linguistic Programming For Dummies** *John Wiley & Sons*

Turn thoughts into positive action with neuro-linguistic programming Neuro-linguistic programming (NLP) has taken the psychology world by storm. So much more than just another quick-fix or a run-of-the-mill self-help technique, NLP shows real people how to evaluate the ways in which they think, strategise, manage their emotional state and view the world. This then enables them to positively change the way they set and achieve goals, build relationships with others, communicate and enhance their overall life skills. Sounds great, right? But where do you begin? Thankfully, that's where this friendly and accessible guide comes in! Free of intimidating jargon and packed with lots of easy-to-follow guidance which you can put in to use straight away, Neuro-linguistic Programming For Dummies provides the essential building blocks of NLP and shows you how to get to grips with this powerful self-help technique. Highlighting key NLP topics, it helps you recognize and leverage your psychological perspective in a positive fashion to build self-confidence, communicate effectively and make life-changing decisions with confidence and ease. Includes updated information on the latest advances in neuroscience Covers mindfulness coaching, social media and NLP in the digital world Helps you understand the power of communication Shows you how to make change easier If you're new to this widely known and heralded personal growth technique—either as a practitioner or homegrown student—Neuro-linguistic Programming For Dummies covers everything you need to benefit from all it has to offer.

**Neuro-Linguistic Programming Workbook For Dummies** *John Wiley & Sons*

If you are one of the millions of people who have already discovered the power of NLP, Neuro-linguistic Programming Workbook For Dummies will allow you to perfect its lessons on how to think more positively and communicate more effectively with others. This workbook is packed with hands-on exercises and practical techniques to help you make the most of NLP's toolkit for new thinking and personal change. These can have an impact on many aspects of your life: from helping you change your negative beliefs, to building rapport and influencing others, to taking charge of the direction your life is taking. Take your understanding of NLP to the next level, and reap the benefits. Neuro-linguistic Programming Workbook For Dummies includes: Getting Your Mindset Right with NLP Setting Sound Goals Recognising Your Unconscious Values Recognising How You Distort Thinking Developing Personal Rapport Managing Your Emotions and Experiences Changing Habits and Modeling Success Recognizing What Works Adapting Language with Metamodeling and the Milton Model

**The Ultimate Introduction to NLP: How to build a successful life** *HarperCollins UK*

Richard Bandler, co-creator of NLP and the man who inspired Paul McKenna to greatness, collaborates with Alessio Roberti and Owen Fitzpatrick to reveal how to unleash your true potential and transform your life.

**NLP: New Technology** *Harper Collins*

NLP has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now the NLP Comprehensive Training Team has written a book that reveals how to use this breakthrough technology to achieve whatever you want. Short for neuro-linguistic programming, NLP is a revolutionary approach to human communication and development. In NLP: The New Technology of Achievement, you'll be guided step-by-step through specific programs for learning the characteristics of top achievers and creating a blueprint for unlimited success. Plus, an all-new twenty-one-day program created especially for this book provides you with the essential skills you'll need to achieve peak performance in business and life.

**Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D.** *Metamorphous Press*

The authors, practitioners in NLP, explain Milton H. Erickson's skills of hypnotism to the readers, identifying the elements of his skill by using refined patterning and modelling techniques. Erickson also describes his methods in his own words.

**NLP at Work** *Nicholas Brealey*

This major new edition of Sue Knight's bestselling book NLP at Work has been extensively revised and updated, with an emphasis on the heart of NLP - becoming a model of excellence. In addition to a new slant to every chapter, there are three new chapters on the key things that make the biggest difference for the greatest results: Humour: enabling you to stand back and see things from a different perspective Clean questions: minimising yourself to find out the essence of the other person Time: understanding how what you get in life is influenced by your relationship to time past, present and future NLP at Work has sold over 100,000 copies and is one of the most popular books ever published on the practical skills of NLP and

how it can be applied in business. It transformed NLP from a peripheral art into an accessible, practical concept with relevant applications in the areas of influence, communication, negotiation, teamwork and coaching. Clear, readable and jargon free, this book will help you get to the essence of what makes you and your business excellent and unique.

**The Big Book of NLP Expanded**

At last, a concise encyclopedia of NLP patterns! The Big Book Of NLP, Expanded, contains more than 350 techniques, patterns & strategies written in an easy, step-by-step format. The methods include a full array of the fundamentals that every practitioner needs, such as the Swish pattern and The Phobia Cure, as well as advanced and unique patterns, such as The Nested Loops method and Learning Strategies. Many of these techniques were never published before and cannot be found elsewhere. Perhaps more important, and unlike most other NLP books and programs, the patterns are written with great care and testing to ensure that they are clear and can be followed immediately.

**Precision** *Grinder Delozier & Assoc*

**Virginia Satir**

The therapeutic methods of famous family therapist Virginia Satir are described, exemplified, and then illustrated by a complete annotated verbatim transcript of a 70-minute therapy session in which Satir helps a woman forgive her mother. Appendices: Presuppositions, the importance of physical contact, Accessing cues, and a Satir meditation.

**Conversations with Richard Bandler** *Health Communications Incorporated*

A rare, intimate encounter with one of the world's most innovative masters of personal change and growth. Richard Bandler is known worldwide for his ability to captivate audiences and to change people's lives for the better. His insights into the human mind have undeniably ignited the worldwide phenomenon of Neuro Linguistic Programming (NLP) and catapulted and transformed the field of personal change forever. Conversations with Richard Bandler recounts professional and personal revelations between Richard Bandler and a young NLP practitioner and Bandler protégé, Owen Fitzpatrick, who is on a quest to discover the real-life application of what Bandler defines as "personal freedom," or what is truly possible for the human mind. With conversations covering diverse topics as happiness, heartbreak, rejection, compulsions, and perfectionism, the dialogues between Bandler and Fitzpatrick uncover the solutions to complex issues including depression, social anxieties, phobias, and more. Presenting never-before-heard insights from Richard Bandler on the field of NLP, plus specific exercises to ignite effortless change, and numerous anecdotes from past clients and personal stories, Conversations with Richard Bandler offers a way to think and live in a radically different way.

**The Secrets of Being Happy: The Technology of Hope, Health, and Harmony** *Im Press, Incorporated*

Imagine for a moment that someone takes you into a huge room, packed with the most complex technology you'd ever seen and offers to show you how to operate the system so that you can instantly bounce your attitude from one of negativity and doubt to an attitude of optimism, cheerfulness and hope. How radically would your life change if you could switch, at will, from living life down to living life up? What would you be capable of achieving if you had a system guaranteed to upgrade your health and well-being, outlook and expectations? Is this something you'd be interested in? If so, read on ... Being Happy is written for the average person who wants to change his or her life and achieve his or her full potential. It is full of exercises and life-changing tactics utilizing the principles of NLP with amazing results. Written by Richard Bandler, co-creator and developer of Neuro-Linguistic Programming, and Garner Thomson, NLP Master Practitioner and Trainer, Richard Bandler is arguably the world's most influential contributor to the field of self-development and applied psychology. His books have sold more than half a million copies, and tens of thousands of people have studied his unique blend of hypnosis, linguistics, and precise thinking throughout the world. A widely acclaimed keynote speaker and workshop leader, he is the author of many books, including Get the Life You Want, Richard Bandler's Guide to Trance-formation, Using Your Brain-for a Change, Time for a Change and Magic in Action. He co-authored Conversations, Frogs into Princes, Persuasion Engineering, The Structure of Magic I, The Structure of Magic II, Patterns of the Hypnotic Techniques of Milton H. Erickson Volumes I and II, and Neuro-Linguistic Programming Volume I. Dr Bandler's background as a musician and his interest in the relationship between sound and neural functioning has led him to develop Neuro-Sonics™, and a range of programs for the BrainFit light-sound machine, both of which utilize music and sound to create specific internal experiences and behavioral outcomes. He is also the founder of the mental technologies of Design Human Engineering (DHE) and Neuro-Hypnotic Repatterning (NHR). (Less)

**Coming to Wholeness** *Real People Press*

If you want a way to have an easier and more satisfying life, this book may well be the elusive "how to" you've been searching for. A series of crises in the author's life led her on an intensive search for solutions. The result is a new method of personal transformation that is simpler, gentler, more direct, and also appears to be more effective and dependable than previous approaches. What makes Wholeness Work unique is that it's based on a spiritual teaching about awakening-but goes farther to offer a method that's specific, precise and universally accessible. You don't need to have spiritual interest or beliefs to benefit. In this book, you'll find real-life stories from people who've done this work and report: -A natural melting away of issues that previously seemed unresolvable -An increased sense of wellbeing -A deep relaxation and resetting of the nervous system -Greater access to a natural wisdom, compassion, humor and creativity This method has helped people with relationship issues, insomnia, difficult emotions, pre-migraine auras and much more. Even some physical issues have shown improvement. People report "It feels gentle-but has a powerful impact. "Eastern Spirituality brings us concepts such as "enlightenment" and "loss of the ego." But for many, the actual experience of these is mysterious and seems esoteric. Can a state of "enlightenment" actually be accessible to the ordinary person? In answering this question, Wholeness Work is a

breakthrough in the fields of both spirituality and personal transformation. It isn't a magic pill that you can try one time and then life is perfect. Instead, it's a step-by-step approach that brings profound benefits to those seeking personal transformation and/or spiritual growth. Doing the Wholeness Work feels like a kindness to yourself as you're doing it; the only side effect is that your life continues improving-gradually and dependably. If you want a simple, reliable, direct way to make life better, you've just found it. Praise for Coming to Wholeness: " This is a game changer. I was first introduced to the Wholeness Work by a coach who used the method with my wife and me to profound effect. It is the essential ingredient for all personal transformation- presented clearly in this gem of a book. I hope it opens worlds for you." -Jack Canfield, Coauthor of the Chicken Soup for the Soul(R) "Well done! Connirae Andreas has 'transformed' several centuries and approaches to self-awareness and meditation into her Wholeness Work. Her approach is very gentle, easy, simple and fluid, respectful and inclusive. From my study of Milton Erickson, I believe she has added much to Erickson's work and healing approach in Coming to Wholeness. She says it best: It means that everything that had been getting in our way actually supports the meditation process." -Dr. Chris Gunn, Licensed Psychologist, Flagstaff, AZ "At last, a manual for getting over ourselves.

Beyond the self lies a whole world of being fully, spontaneously alive. Thank you, Connirae. This work is brilliant." -Stewart Emery, author, founding CEO of EST, creator of Actualizations, coffee maven "Connirae's Coming to Wholeness suggests the elegant simplicity of a captivating melody- it takes hold of you and effortlessly carries you along. A lot of sophisticated musical understanding goes into writing a tune that captures the heart, and a lot of sophisticated psychological understanding has gone into developing and refining a process that expands the self and releases the heart." -Douglas Flemons, Ph.D., LMFT, Professor of Family Therapy, Nova Southeastern University Connirae Andreas PhD is an international teacher of personal growth methods, known for her innovative contributions spanning more than four decades. She is best known for her groundbreaking work, Core Transformation already used internatio

**How to Take Charge of Your Life: The User’s Guide to NLP** *Harper Collins*  
Richard Bandler, co-creator of NLP and the man who taught and trained Paul McKenna, joins forces with Alessio Roberti and Owen Fitzpatrick once again to give you the tools to change your life.