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Egon R. Sawizki

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Dieses Buch führt leicht verständlich in die Welt des Neurolinguistischen Programmierens ein. Es bietet Impulse und Möglichkeiten, NLP-Methoden kennenzulernen und im Alltag erfolgreich anzuwenden.

Übungsanleitungen erleichtern das Umsetzen in die Praxis und helfen, das Erlernte in das eigene Leben zu integrieren. Der Autor will NLP für den Leser und Anwender erfahrbar machen, damit persönliche Ziele schneller und effektiver erreicht werden können.

Lesen Sie, wie Sie:

- * Ihre Wahrnehmungsfähigkeiten im Verbalen und Nonverbalen gezielt steigern können
- * durch gezielten Einsatz von Interventions-Techniken Schwierigkeiten erfolgreich begegnen können
- * NLP als Philosophie begreifen und in die persönliche Lebensplanung einbinden können.

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