The Complete Guide to Understanding and Using NLP: Neuro-linguistic Programming Explained Simply

By Barbara Gibson

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When it first developed in the 1970s by Richard Bandler and John Grinder, Neuro-Linguistic Programming or NLP was considered a great advancement in psychotherapy and was widely studied as a means by which to subjectively study language, communication and personal change. Today, it is a highly successful means by which individuals such as yourself can not only get better in touch with yourself and how you interact with the world through language and other forms of communication, but to better understand those around you and make enhanced decisions, provide advice, and boost yourself image through understanding. This book was written to assist every individual who ever wanted to become more in tune with their minds and their interactions with peers, family, and friends. You will learn what NLP is and when it was first developed along with the basic studies originally published in the early 1970s. You will learn how to start reading through and understanding maps and filters, the basics of learning, unlearning and relearning and how communication and language are the fundamental basis for essentially every action you take in life. You will learn how to control pacing and leading in communication, what perception involves and how to understand the various representational systems described by NLP. You will learn how to recognize predicates of conversation and eye accessing cues as well as how to recognize and work with various physiological states and emotional freedom. You will learn the basics of elicitation and anchors, including resource anchoring, collapsing anchoring, and future pacing. Top psychologist and therapists have been interviewed for this guide, with dozens providing information on which aspects of NLP are most effective for each individual. Using their advice as a map, you will learn how to use loops and systems and understand the different levels of learning. Everything from how language sets limits on your experience to how meta model patterns control you life will be discussed in detail to help you take control of your life through understanding of Neuro-Linguistic Programming.

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Editorial Review

About the Author
Barbara P. Gibson works as a safe house director for a nonprofit agency serving survivors of domestic violence. Also a freelance writer, Gibson has found NLP principles and practices to be useful in her personal and professional life. She lives in Decatur, Georgia, just outside of Atlanta."

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