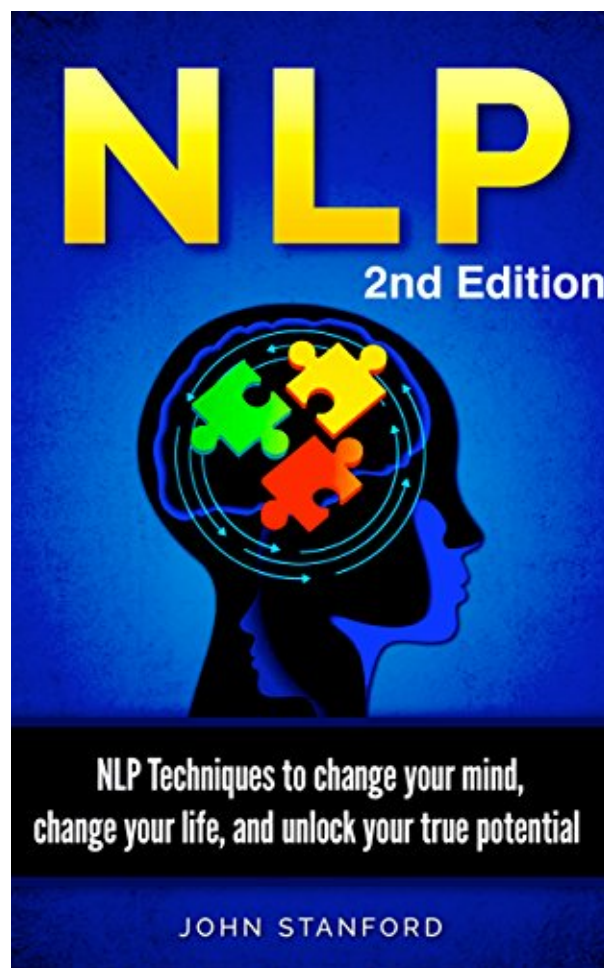


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- NLP Technique: Resource States, and How to Create Them

- Stacking Resource States
- Program Good Feelings Into Your Future
- Creating a Truly Captivating Future
- Boost Your Self-Esteem with the Swish Technique
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- The Value of Perceptual Positions in NLP
- Much, Much More!

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3 of 3 people found the following review helpful.

The map is not the zone

By Denniger Bolton

I was introduced to NLP quite some time ago which was a big part of a Tony Robbins workshop training. And when I saw this book offered, my hope was that I would reconnect to some of the NLP principles taught by John Grinder and Richard Bandler back in the 1970s. The purpose of their collaboration as the author of this book, John Stanford says, is to explore some of the quickest, easiest and most effective techniques for creating empowering personal change. Here is a clear and concise step-by-step guide combining neurology, language and programming. This book really does that. The exercises are great and allow you to make positive changes that really work and quickly to change your recurring negative emotions, for instance. I particularly enjoyed and now use the "Perceptual Positions" section which allows a person to view experiences from many different perspectives, not only looking at things through our own eyes but sitting



back and seeing things through a second positions, another person's perspective and a third perspective, one that is disassociated. A book well worth reading and hanging out with for awhile.

3 of 3 people found the following review helpful.

Nice introduction to NLP

By Mike

The mind is an incredibly powerful tool, but it's also hard to control: a lot of things take place subconsciously. NLP is a great technique to get more control of your mind and change it. This is particularly effective when trying to get rid of negative emotions, which can have a big impact on your life.

This book is a brief introduction to NLP and how you can use it to bring about personal change. It discusses topics such as how to create "resource states" and how to use timelines to change negative emotions that keep recurring. By taking control of your mind and negative emotions, NLP allows you to improve your life and future by feeling better and more self-confident. I also found the last Chapter on "perceptual positions" interesting. Overall, a nice introduction to NLP!

3 of 3 people found the following review helpful.

Mind changing strategies in this book on how to use NLP

By C. Brant

John really has a fantastic grip on NLP. This book is filled with everything needed to get started right away. He starts by hitting what exactly Neuro Linguistic Programming is and then goes right into how it can be used to create supreme resource states. I haven't heard much of this material before. So, it was a breath of fresh air learning about how the awesome power of timelines can really make a difference for me. John shows how you can create a captivating future and even boost your self-esteem with Swish. The whole thing is all about gaining knowledge, insights and perspectives. He finishes his book by pulling it all together. This book has really sold me on how to unleash the power of NLP. Great for anyone who wants to learn more.

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