

MO SHAPIRO



Master neuro-linguistic programming  
in seven simple steps

Book: NLP In a Week

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Welcome to the world of NLP, or neuro-linguistic programming. This book will introduce you to the main themes and ideas that constitute NLP. It will give you an outline knowledge and understanding of the key concepts, together with practical and thought-provoking exercises. NLP has its own language and organizing systems, which are fully explained with examples relating to work and personal issues. The theories and practice of NLP will help you discover what makes some people excel in all aspects of their lives, and will enable you to do the same.

By the end of the week you will be able to use NLP at work and in your personal life in a way that will sharpen your skills and boost your achievements.

Sunday: What is NLP?

Monday: Identify empowering and limiting beliefs

Tuesday: Recognize how we re-present information to ourselves

Wednesday: Use precision.