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Practising these techniques will increase your logical, emotional, and intuitive thinking and is likely to help you to accomplish more than you currently think is possible. NLP is a lot more than NLP techniques, however learning about NLP techniques can be the start of a fascinating adventure.

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Neuro linguistic programming Wikipedia

Neuro-linguistic programming. Neuro-linguistic programming (NLP) is an approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States in the 1970s. NLP's creators claim there is a connection between neurological processes (neuro-),

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Methods of neuro linguistic programming Wikipedia

The methods of neuro-linguistic programming are the specific techniques used to perform and teach neuro-linguistic programming, a pseudoscience which teaches that people are only able to directly perceive a small part of the world using their conscious awareness, and that this view of the world is filtered by experience, beliefs, values, assumptions

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Neuro linguistic programming NLP Does it work

The popularity of neuro-linguistic programming or NLP has become widespread since it started in the 1970s. Its uses include treatment of phobias and anxiety disorders and improvement of workplace performance or personal happiness. This article will explore the theory behind NLP and what evidence there is supporting its practice.

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What Is NLP

NLP stands for Neuro-Linguistic Programming, a name that encompasses the three most influential components involved in producing human experience: neurology, language and programming. All of the models and techniques of NLP are based on the combination of these two principles.
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