

[Free PDF File] Wired for Success: Using NLP to Activate Your Brain for Maximum Achievement

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Can your brain help you become more successful? YES! In *Wired for Success*, Wendy Jago introduces the listener to NLP - Neuro-Linguistic Programming - a therapeutic technique used to recognize and reprogram unconscious patterns of thought and behavior in order to modify psychological responses, and thereby alter your subconscious processes to work for you, instead of against you. Broken into two engaging sections, this audiobook first teaches you how your mind can shape various experiences, and then offers steps to help you approach numerous real-life issues in new ways. Among the topics covered: Prioritizing effectively Negotiating Beating stress Utilizing teamwork Spotting opportunities Making decisions These simple techniques will increase your mental fitness and grant you the ability to succeed in times of change, challenge, and opportunity, so that you don't just survive - you thrive!

CONTINUE ►

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