



## Create the Life You Want: How to Use NLP to Achieve Happiness

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By Michelle-Jeanne Noel

Findhorn Press Ltd. Paperback. Book Condition: new. BRAND NEW, Create the Life You Want: How to Use NLP to Achieve Happiness, Michelle-Jeanne Noel, Guiding people to happiness, this heavily researched, effective manual first examines the mental programming that causes them to become stuck in professional or personal dead ends and then offers practical tips for breaking free. Theories on neuro-linguistic programming combine with modern and quantum physics, cybernetics, and other psychotherapeutic analyses to present readers with clear, realistic steps for achieving their dreams. By emphasizing the immense power of the mind and how to apply it, this reference encourages depressed and unhappy people to recognize their own personal strength in order to manifest joy.



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