

Take Charge Of Your Life With Nlp - Felix Economakis

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Do you find yourself making the same mistakes or poor choices again and again? Do you feel that you could make more of your life and be more happy and fulfilled? In Take Charge of Your Life with NLP, master NLP practitioner Felix Economakis reveals how our subconscious minds control a startling amount of our behaviour - making us repeat unhealthy patterns, dwell on unnecessary worries and make the same bad choices again and again. This can cause a huge amount of mental conflict and unhappiness, as well as hold you back in life. This book provides simple and easy NLP techniques for breaking these negative behaviours by creating a better working relationship with your unconscious mind. You'll discover how to banish phobias and addictions, improve your self-esteem and motivation, feel happier and more fulfilled, and take charge of your life for good. Author: Economakis, Felix Publisher: Ebury Digital Illustration: N Language: ENG Title: Take Charge of Your Life with NLP Pages: 00256 (Encrypted EPUB) On Sale: 2011-12-29 SKU-13/ISBN: 9780091939731 Category: Self-Help : General

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