

Nlp And Health Practical Ways To Bring Mind And Body Into Harmony

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NLP and Health: Practical ways to bring mind and body into **...**

NLP and Health: Practical Ways to Bring Mind and Body into Harmony Ian McDermott, Joseph O'Connor. A well-written, easy-to-absorb guide to healing, change, and a healthy way of being in the world. Health is not a possession – it's a process. It's something we do, the result of how we think and feel, a state of mind and being.

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Examples of NLP in Practice—NLP for Practical Situations

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