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And in this context, a variety of NLP-related books are among those I pick up for a read. Titled '5-Minute NLP,' this book is not the five-minute crash course that people may expect it to be. Instead, it provides detailed insights to the techniques, principles and practical exercises of Neuro-Linguistic Programming.

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Practise the skills and techniques of Neuro-Linguistic Programming in just five minutes a day with this handy, portable guide.

The *Spiritual Guide to Attracting Love* shows you ways to use the Law of Attraction and the wisdom of some of the most ancient spiritual traditions to attract love, helping you to heal past wounds and live a nurturing, joyful life. Containing effective, easily-accomplished love rituals from the East and West, both ancient and contemporary, this book explains how to identify issues from the past and how to heal yourself and move forward. Featuring case studies that demonstrate how others have manifested love in their lives, you'll learn how to use the Law of Attraction to attract the right partner for you.

An introduction to the art of practicing yoga discusses the mental, spiritual, and physical health benefits of yoga, presents a step-by-step guide to more than forty yoga postures, offers a series of breathing and relaxation exercises, and offers information on the seven chakras and tips on how to find the right type of yoga to suit individual needs. Original.

Discover how to develop your psychic powers, and understand different psychic abilities – from telepathy to hypnosis.

The communication secrets that experts and top professionals use.

Here, from bestselling author Leil Lowndes, is a surefire guide to love for anyone seeking romantic bliss. In *How to Make Anyone Fall in Love with You* readers will find 85 techniques based on scientific studies regarding the nature of love, including: Finding potential love partners Making an unforgettable first impression Dodging "love bloopers" Establishing sexual rapport By using these pragmatic, down-to-earth strategies, anyone can turn new or casual relationships into lasting ones--or make current relationships deeper.

By living with intention we are actively shaping our lives, establishing how we wish to invest our energy and time on this Earth. Through the processes of self-enquiry, assessing our values, visioning and mindfulness we can ensure that our beliefs and actions are in alignment, discard those aspects of our lives that no longer serve us and manifest the existence we want. By using easy-to-follow tools, strategies and exercises, leading life coach and speaker, Carolyn Boyes, shows us how, in this fast-paced, demanding world, which is so full of distractions, we can move from living a busy life - one that we endure - to an intentional life - one that we have chosen.

Fast, practical fixes to help you relax, unwind and bring you instant calm. Modern life is full of stresses and strains and makes ever greater demands on our physical and mental well-being. So more than ever, we need quick and effective solutions to make us feel instantly calmer. These 5-minute tips will help you to relax, calm down and put your problems into perspective: helps you to assess your basic level of stress learning to relax and positive visualisation how to address the underlying problems head on breathing techniques releasing postural tension massage and stretches better nutrition sleeping better Helpful quizzes, tests and questionnaires are combined with more than 50 essential tips to help turn your busy, stressful life around in 5 minutes flat.

Neuro-Linguistic Programming (NLP) studies brilliance and quality—how outstanding individuals and organizations get their outstanding results. Joseph O’Conner, a leading international NLP trainer and co-author of the bestselling *Introducing NLP*, offers a step-by-step guide to learning the NLP methods and techniques to help you become the person you want to be in the *NLP Workbook*. The *NLP Workbook* is a complete guide to NLP that includes: How to create and achieve outcomes How to choose your emotional state and shift thinking Meta modeling your own internal dialogue All of the basic NLP techniques and training exercises *An Action Plan* with exercises and suggestions for skill-building O’Conner discusses a range of topics from rapport and trust, and how to visualize, to negotiation skills, mental rehearsal and coaching. *NLP Workbook* is a book for everyone and anyone interested in NLP. The neophyte will find definitions, examples, and a step-by-step entry into learning how to use NLP, and trainers will discover many new ideas for NLP training.

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