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 A Casebook of Neuro-linguistic Programming in Medical Practice  
 From Fear to Courage  
 Bringing NLP into the classroom  
 The Collaborative Leader  
 50 Life enhancing NLP techniques for coaches, therapists and trainers  
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 Clean Language  
 The Butterfly Effect  
 End bad habits, negativity and stress with self-hypnosis and NLP  
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## AUGUST ARMSTRONG

*The Spirit of NLP - revised edition* Crown House Publishing

In *The 7Cs of Coaching*, Bruce Grimley expertly explains neuro-linguistic programming (NLP) to the advanced coach and counsellor by asking a simple question: 'What is NLP?'. Inviting us on his personal journey, he provides the reader in this book with an insight as to how he coaches using his own NLP model as well as exploring the complexity of NLP as a practice and why it tends to polarise opinion in today's coaching landscape. Grimley insists that if the NLP paradigm is to find credible traction in the modern world, it needs to test its claims in the same way as other academic disciplines; based on his own research, this book does just that. Incorporating contemporary psychological understanding and neuroscientific research throughout, it provides a complete NLP model, outlining specific steps for the reader to follow in order to achieve excellence in coaching. It includes case studies, exercises and reflective questions which will encourage both novice and advanced coaches to explore the benefits of NLP, understanding and taking into account emotions and the unconscious mind in their practice. By analysing the NLP landscape, this book also addresses many issues which are shared by the broader coaching community such as differentiation from counselling, professional status and lack of a reliable empirical evidence base. Ground-breaking and thought-provoking, this book offers a modern examination of NLP. Highlighting why NLP is still useful and popular, and exploring why it fills a gap in the market place for effective coaching, this book will be essential reading for all coaches in practice and training, coach supervisors and counsellors with an interest in coaching techniques.

*Hypnosis for Smoking Cessation* Crown House Publishing

Within health and social care settings, high levels of sustained performance from individuals, teams, organisations and multi-agency collaborations are required. This book offers a service-oriented leadership approach for Social Work managers and looks to enhance personal effectiveness and ultimately organisational performance through human behaviour, thought and communication. It is designed to support the development of aspiring and front line managers in social work and care through the introduction of key concepts such as understanding the Self, Neuro-Linguistic Programming, self-leadership and communication.

*A Casebook of Neuro-linguistic Programming in Medical Practice* Crown House Publishing

NLP (Neuro-Linguistic Programming) is believed by many to be a powerful set of tools for facilitating change and enhancing performance. Yet, despite the success stories and proliferation of courses, there is still much skepticism about the validity and effectiveness of NLP. In *NLP Coaching* Susie Linder-Pelz brings, for the first time, an evidence-based perspective to this coaching methodology. She explains how and where NLP coaching is used, examines its links to established principles and practices, and questions aspects of NLP where the empirical evidence is missing. She reviews recent developments in NLP-based coaching practice and proposes a specific research agenda that will move NLP coaching towards an evidence-based approach. *NLP Coaching* provides numerous case studies and real-life examples which show how NLP assists personal, professional, team, leadership and organizational development. The book includes contributions from leaders in the field: Andrew Bryant, Michelle Duval, Joseph O'Connor, Paul Tosey and Lisa Wake.

*From Fear to Courage* Crown House Publishing

Despite widespread use, Neurolinguistic Programming (NLP) is a topic of much debate, often receiving criticism from academic and professional sectors. In this book international academics, researchers and therapists are brought together to examine the current evidence of the clinical efficacy of NLP techniques, considering how NLP can be effective in facilitating change, enrichment and symptom relief. Lisa Wake and her colleagues provide a critical appraisal of evidence-based

research in the area to indicate the benefits of the approach and identify the need for an increase in randomized well-controlled clinical trials. Contributors also explore how NLP has been used to treat various disorders including: post-traumatic stress disorder phobias addictions anxiety disorders mild depression. Illustrated throughout with clinical examples and case studies, this book is key reading for practitioners and researchers interested in NLP, as well as postgraduate students.

**Bringing NLP into the classroom** Dr Susie Linder-Pelz

In *The Collaborative Leader*, L. Michael Hall and Ian McDermott answer key questions about leadership. What is collaboration? How does it relate to leadership? How do you do it effectively? How do you pull people together, inspire them with a meaningful vision, and organise them so that a team spirit emerges and peak performance is achieved? *The Collaborative Leader* is a practical guide to collaborating with others and leading collaboratively. That means learning how to win the hearts and minds of those who we lead. Packed with practical and immediate action points, the book will show you how to turn around a non-collaborative group or environment immediately. You will find assessment questions throughout, step-by-step processes on collaboration, and an invitation to action at the end of each chapter: a personal challenge to step up to the collaborative level of leadership. Learn the core competencies that facilitate a healthy, joyful, and productive collaboration. The foundation of collaborative leadership is self-collaboration. The leader who cannot effectively collaborate cannot effectively lead. If you are to walk your talk, you need to demonstrate collaborative skills yourself, and this book will show you the 'how to's' for developing the critical success elements of leadership. The best collaborators are those who have lots of fun collaborating. The goal can be serious. The collaboration can be fun. Learn how it's possible by understanding the structure and processes of collaboration. Whether you're responsible for team or organisational development, you'll find plenty here to inspire you to transform your leadership into collaborative leadership. Chapters include: Part I: The Foundations of Collaborative Leadership—Leading the Call, 1. The Vision—Why Bother? 2. The Mirror—Where Are You? 3. What Is a Collaborative Leader? 4. Challenges To Collaborative Leadership. Part II: Collaborative Leadership—The How To, 5. The Collaborative Pathway—How Do We Get There? 6. Calling For and Inspiring Collaboration—Inviting Others 7. Choosing To Collaborate—Making the Decision 8. Creating a Culture of Collaboration—Collaboration Inside Out 9. Combining Differences For Synergy—Welcoming and Integrating 10. Integrating Self and Others—The Collaborative Quadrants 11. Believing In Collaboration 12 The Principles of Collaboration 13. The Bigger Game of Collaboration 14. The States of Collaboration 15. The Call To Be a Collaborative Leader. Part III: Collaborative Leadership Challenges—There Be Dragons! 16. How Collaborations Can Go Wrong 17. Pseudo-Collaboration—The Talk Without the Walk 18. Collaboration In Crisis

*The Collaborative Leader* Atlantic Publishing Company

This long awaited book brings together some of the most recent innovations and applications of the traditional NLP model. Each chapter describes a new model or application and contains step by step instructions or a case study on how and when to apply it. For NLP Practitioners it provides an outstanding collection of new tools and ideas to take their practice forward.

*50 Life enhancing NLP techniques for coaches, therapists and trainers* Routledge

Somerset Maugham is the acknowledged master of the short story, and his full range is represented in this collection. In acclaimed stories such as 'Rain', 'The Letter', 'The Vessel of Wrath' and 'The Alien Corn', Maugham illustrates his wry perception of human weakness and his genius for evoking compelling drama and an acute sense of time and place.

**A Critical Appraisal** Penguin UK

The NLP Cookbook is a veritable smorgasbord of NLP and related techniques gleaned from some of the greatest names in the field and adapted to provide an encyclopaedic resource for all therapists, coaches, change agents or health professionals. Fran Burgess uses the metaphor of cooking to

describe the process of bringing together the best ingredients in NLP and selecting them carefully in order to produce some mouth watering results. The recipes are grouped into sections depending on their purpose. Quite a few focus on how to shift state, with some of these targeting specific states like acceptance and anxiety. These are followed by recipes that seek to develop behaviours and skills, and others that address beliefs and identity. There is then a wide range to choose from which deal with goals, relationships and the process of change. The beauty is that most of them can be used time and again for different circumstances and contexts, so they never wear out. Each recipe is prefaced by an introduction, giving you some background to its source and evolution. You are provided with its ingredients, should you be interested in its engineering, plus timings and materials required, and if it is suitable for working solo, or with a partner. Novice cooks can follow the recipes slavishly whereas those with more experience can adapt a recipe, adding a little something here, removing a little something there. This is not magic. They understand the chemistry that underpins the cooking process. They know what happens when you put this with that, now or later.

**Presenting Magically** Crown House Pub Limited

In *The Sourcebook of Magic* you will discover afresh the basic 77 NLP patterns for transformational magic. This newly revised version streamlines the patterns so that they are even more succinct and offers some new insights into how the patterns work.

**The Weight, Hypnotherapy and You Weight Reduction Program** Crown House Publishing

Combining Ericksonian hypnotherapy and NLP with techniques taken from cognitive therapy, yoga, and stress management, Botsford explains how to deal with every possible situation in smoking cessation. This work shows professionals how to influence the client and teach self-hypnosis and other techniques which will help maintain the client as a non-smoker.

**Neuro-Linguistic Programming for Change Leaders** Crown House Publishing

The NLP Toolkit is packed with easy to use tools, activities and techniques. Organised in an accessible way and grounded in teacher experience and practice, it provides a comprehensive toolkit that uses NLP techniques to improve all aspects of learning and teaching from using a simple spelling strategy to developing leadership skills. NLP is often described as 'the technology of emotional intelligence'. The NLP Toolkit gives you practical 'how to' ways to develop your own emotional resilience as well as ways to work with children in the area of emotional and social skills. The five sections cover: In the class activities Emotional and social literacy with children Stagecraft and presentation skills Personal development and effectiveness Leading with NLP The NLP Toolkit is the perfect companion to the highly acclaimed NLP for Teachers: How to be a highly effective teacher ISBN 9781845900632 and will be useful for both teachers with experience of NLP and those who are new to the subject.

**NLP for Teachers** The Little Book of Inspirational Teaching Activities Bringing NLP into the classroom

Learn how to apply NLP to fine-tune life skills, build rapport, enhance communication, and become more persuasive One of the most exciting psychological techniques in use today, neuro-linguistic programming helps you model yourself on those-or, more accurately, the thought processes of those-who are stellar in their fields. Rooted in behavioral psychology of the 1970s, the concepts of NLP are now common to such diverse areas as business, education, sports, health, music and the performing arts-and have been instrumental in helping people change and improve their professional and personal lives. In this handy, informative guide, you will acquire a basic toolkit of NLP techniques, with advice on the NLP approach to goal-setting, as well as insights on how you think, form mental strategies, manage emotional states, and, finally, understand the world. With new content on new code NLP, symbolic modeling, clean language in the workplace and energetic NLP-techniques developed after the first edition Includes updated information throughout and two new chapters: Dipping into Modeling and Making Change Easier Not simply a guide to reprogramming your negative or habitual thoughts, this practical, down-to-earth introduction to NLP is the first step to fulfilling personal and professional ambitions and achieving excellence in every sphere of your life.

*Everything you need to be an effective life coach* Crown House Pub Limited

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- Sweet Marias Coffee Roasting Guide : [click here](#)

This book can help you develop your intellectual and emotional skills. It is practical, sound and clear. *A Personal Journey Through the World of NLP and Coaching Psychology* Crown House Publishing For medical practitioners considering incorporating neuro-linguistic programming into their practice, a UK general practitioner/NLP trainer introduces the theoretical basis, techniques, and clinical applications of this behavioral change model that takes into account eye movements as neurological indicators. Dr. Walker includes exercises, a sample chart for exploring subjective experience, the NLP meta-model, eye-accessing cues, useful questions to ask patients and tips on when to use them. Annotation : 2004 Book News, Inc., Portland, OR (booknews.com).

**A voyage of self-discovery** Crown House Publishing

BELIEFS are the foundation of everyone's personal outcomes. This second edition of *Beliefs: Pathways to Health & Well-Being* includes new and updated material and offers leading edge technologies that rapidly and effectively identify and remodel limiting beliefs. It teaches you powerful processes for change and demonstrates how to identify and change beliefs using scripts from personal change work undertaken with individuals in workshops. These processes include reprogramming, conflict integration, belief/reality strategies, visualization and criteria identification. You will learn the latest methods to change beliefs which support unhealthy habits such as smoking, overeating and drug use; change the thinking processes that create phobias and unreasonable fears; retrain your immune system to eliminate allergies and deal optimally with cancer, AIDS and other diseases; and learn strategies to transform "unhealthy" beliefs into lifelong constructs of wellness.

**for challenging times** Crown House Publishing

Stephen Gilligan and Robert Dilts truly take you on a voyage of self-discovery. *The Hero's Journey* examines the questions: How can you live a meaningful life? What is the deepest life you are called to, and how can you respond to that call? It is about how to discover your calling and how to embark on the path of learning and transformation that will reconnect you with your spirit, change negative beliefs and habits, heal emotional wounds and physical symptoms, deepen intimacy, and improve self-image and self-love. Along this path we inevitably meet challenges and confronting these challenges forces us to develop and think in new ways and push us outside our comfort zone. The book takes the form of a transcript of a four day workshop conducted by Stephen and Robert. It is a powerful way of learning as you are so absorbed by the experiences of the participants that you feel you are actually there. A wonderful voyage of discovery for everyone who thinks that, "there must be more to life than this".

**NLP Made Easy** Hay House UK Limited

The secret to great writing lies in learning how to alternate between three mindsets: Dreamer, Realist and Critic. The author will tell you exactly how to get into each mindset and how to apply it. This book will teach you the NLP models for creativity, tenacity and meticulous attention to detail. Read this book and you'll know how to write persuasively, hypnotically and prolifically.

**A comprehensive guide to NLP change patterns** Crown House Publishing

The use of language lies at the core of most hypnotic interventions. Milton H Erickson developed complex language patterns that now form a major part of most therapists' work. In this book, the authors build on Erickson's approach, and develop it considerably further.

*The process, meaning and criteria for mastering NLP* Crown House Publishing

This practical resource makes three radically different types of hypnosis easy to use in daily hypnotic work, exploring the methods of Milton H. Erickson, George Estabrooks and David Elman. "A gem. Well-written, well-paced and packed with information." Andrew Bradbury, author of *Successful Presentation Skills and Develop Your NLP Skills*

**How to Use Neuro-Linguistic Programming to Change Your Life** Random House

A collection of activities developed and used with teenagers all over the country that are short, easy to follow and engaging. They can be used as one off activities to spice up a session or can be put together to form one hour lessons or even whole day events. There are suggested combinations of activities to suit different topics such as PSHE, Successful Revision/Learning, SEAL.