



Neurolinguistic Programming in a Week: Teach Yourself

Mo Shapiro

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The skills and practices of NLP are crucial to anyone who wants to advance their career. Written by Mo Shapiro, a leading expert on NLP as both a coach and a practitioner, this book quickly teaches you the insider secrets you need to know to in order use NLP successfully in the workplace. The highly motivational 'in a week' structure of the book provides seven straightforward chapters explaining the key points, and at the end there are optional questions to ensure you have taken it all in. There are also cartoons and diagrams throughout, to help make this book a more enjoyable and effective learning experience. So what are you waiting for? Let this book put you on the fast track to success!

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