



Teaching NLP in the Classroom (Ideas in Action)

Kate Spohrer

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NLP is very effective in enabling young people to overcome fears, anxieties and limitations, which, in turn, helps them to achieve more in school, learn more effectively and, in life in general, become more fulfilled and wholesome individuals. This highly practical book provides strategies for teachers to use in the classroom to improve their own NLP skills as well as those of their students. Topics include: * Understanding that we only see what we believe is possible * Realising that we create our own experience * Using embedded commands to aid homework

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