



Tecniche di PNL: Vivi la vita che desideri con la Programmazione Neuro-Linguistica (Italian Edition)

Richard Bandler

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Come è possibile vivere la vita che desideriamo? Gestire i problemi nel modo più efficace, superare i brutti ricordi, sentirsi più sereni e soddisfatti, affrontare nel modo migliore le sfide quotidiane? La risposta di Richard Bandler, padre della Programmazione Neuro-Linguistica, è custodita in questo libro, un manuale pratico di risorse e tecniche, un prontuario di strumenti di utilizzo immediato, semplice da leggere e da applicare per chiunque, anche da chi si avvicina per la prima volta alla PNL.

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