

NEURO-LINGUISTIC PROGRAMMING

NLP WORKBOOK

JOSEPH O'CONNOR

*a practical
guide to
achieving
the results
you want*

NLP Workbook: A Practical Guide to Achieving the Results You Want

[Joseph O'Connor](#)

This book describes all the basic ideas of NLP.

The author includes exercises to help create rapport with others; influencing skills; understanding and using body language; how to think about and achieve the results you want and more.