

HEART of the MIND



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Engaging Your Inner Power to Change
with Neuro-Linguistic Programming

Heart of the Mind: Engaging Your Inner Power to Change With Neuro-Linguistic Programming

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An engaging introduction to NLP, through 21 chapters, each focusing on a special topic: negotiation, resolving grief, parenting positively, motivation that works, fulfilling decision-making, and many more. (See Table of Contents.) This book gives you a "front-row seat" in following the accounts of people whose lives have been changed and whose dreams became reality by using their own inner power to change with NLP. Every reader is certain to find many topics of personal relevance. The authors include a step-by-step understanding of how each change occurred, that you can use for those areas in your life that you want to be different. Even though this book is written as an introduction, it takes you quickly into a great deal of depth. You'll find material here that isn't included in other books on NLP. The chapter on "Personal Timelines" for example, reveals how to easily uncover our individual ways of coding time, and how this sometimes forms the basis for our life struggles, and strengths. You'll learn how gently shifting this inner coding can melt away difficulties and open up talents and gifts. Written by two of the earliest and most respected trainers in the field, the book carries an underlying attitude of heartfulness coloring the skillful guidance available here. From the Publisher There is a new powerful and gentle approach to overcoming life's problems. Experience the accounts of people whose lives have been changed and whose dreams became realities by tapping their own inner power to change with NLP. Short for Neuro-Linguistic Programming, NLP is a new science that has studied how the mind works, with verifiable and sometimes astonishing results. NLP offers effective techniques for a wide range of problems including: unwanted habits, guilt, grief, weight loss, abuse, criticism, shame, stage fright, phobias. NLP also offers ways to enhance self-esteem, improve relationships, become more independent, create positive motivation, eliminate allergic responses, and promote self-healing, and more. Take a moment and look through the contents of a chapter that interests you. Every case describes what happened with a client or workshop participant. If you are tired of settling for the way things are and want more in your life, want more for your family and those important to you, read this book.