



Change Your Mind - and Keep the Change: Advanced NLP Submodalities Inverventic

[*Andreas C., Andreas S.*](#)

This advanced NLP book builds on the foundation established in *Heart of the Mind*, by the Andreases, and *Using Your Brain—for a CHANGE*, by Richard Bandler. Presented in "live seminar" format, this book offers rich information and specific examples of how to work successfully in helping people change. Specific methods are presented for changing habits, for congruently finally saying "no" when that is appropriate, eliminating compulsions, building self-concept, becoming more self-referenced and less vulnerable to others' opinions, utilization of timelines and time frames for planning and motivation, shifting the relative importance of criteria/values, and much more.