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Neuro-linguistic programming (NLP) is a pseudoscientific approach to communication, personal development, and psychotherapy created by Richard Bandler and John Grinder in California, United States, in the 1970s. NLP's creators claim there is a connection between neurological processes (neuro-), language (linguistic) and behavioral patterns learned through experience (programming), and that ...

Neuro-linguistic programming - Wikipedia

Theory And Practice Of Nlp Coaching. Description : Packed with practical hints and tips, case studies and exercises, this book demystifies the popular view of NLP, providing a clear and practical guide to understanding the psychological theories and principles that form the basis of the approach.

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NLP, like any other 'way of looking at things', is a map. It has been estimated there are 200 to 400 different types of therapy (Edelstien, 1990: 1). From an NLP coach's perspective, all these 'therapies' are simply maps - they are not true, they are not false, they are simply ways of looking at things.

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NLP can be used to help individuals attain high performance in their lives and work, and this book allows practising coaches to utilise an NLP approach to achieve outstanding results for their executive clients.

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