



Practical Magic: A Translation of Basic Neuro-Linguistic Programming into Clinical Psychotherapy

Stephen Lankton

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First published in 1980, this book is still considered the basic primer for understanding NLP (Neuro-Linguistic Programming). The author demonstrates all the basic techniques for change and relates these to other established schools of psychotherapy. The closest thing to a basic beginning manual to NLP. It spells out in the most understandable fashion the basic concepts and tools of a model which could offer people a chance to reclaim control of their lives. Daniel Goleman, PhD



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