



How to be Confident with NLP: Powerful techniques to boost your self-confidence

David Molden, Pat Hutchinson

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Confidence is a powerful force. When we have it, we feel we can take on the world; when we don't, even the smallest challenge can feel impossible. But confidence isn't something that has to come and go – it is possible to feel confident *all* of the time.

How to be Confident with NLP, now in its second edition, will show you how neurolinguistic programming (NLP) can help you be confident anywhere, anytime. Whatever you need to do – presenting, meeting new people, supercharging a career or driving a car – NLP has all the tools to help you feel the way you want to feel. You'll create new states of mind and new behaviours so you can call on an inner core of confidence whenever you need to.

With the power of NLP you can be confident, not just some of the time but *all* of the time

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