



# How to Take Charge of Your Life: The User's Guide to NLP

*Richard Bandler, Owen Fitzpatrick, Alessio Roberti*

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Richard Bandler, co-creator of NLP and the man who taught and trained Paul McKenna, joins forces with Alessio Roberti and Owen Fitzpatrick once again to give you the tools to change your life.

Richard Bandler – the world-renowned co-creator of NLP who has helped millions around the world change their lives for the better – has teamed up once again with Italian NLP Master Trainer Alessio and co-founder of the Irish Institute of NLP Owen, to offer a simple yet engaging introduction to the groundbreaking ideas of NLP.

Written in the form of a fable, How To Take Charge Of Your Life is the prequel to The Ultimate Introduction to NLP. Once again Bandler invites readers into his workshops and illustrates the theories and techniques he has spent years developing.

Based around a three-day introductory course, this book will give you the tools you need to start making an effective change today. From explaining the importance of self-belief and how to change beliefs, to how to control your emotions and negative thinking, and how to create the life you want.

This is an easy-to-read and inspiring account that readers can turn to time and again.

‘The must have self-help book!’ Paul McKenna

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