

# The NLP Coach: A Comprehensive Guide to Personal Well-Being and Professional Success

Wendy Jago, Ian McDermott

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## The NLP Coach: A Comprehensive Guide to Personal Well-**Being and Professional Success**

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This comprehensive guide to NLP (neuro-linguistic programming) provides information on techniques that aim to help the reader achieve success at work and at home. From discovering how to enjoying better physical and emotional health, this book shows how to apply NLP principles in any situation.



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