Richard Bandlers Guide To Trance Formation Make Your Life Great Book With Able Content

These seminal works in neurolinguistic programming (NLP) help therapists understand how people create inner models of the world to represent their experience and guide their be describes the Meta Model, a framework for comprehending the structure of language; Volume II applies NLP theory to nonverbal communication.

Every child, every family situation is different and parenting is a journey of constant change. There are no "right answers", only what works for you and your family. This book will g practical NLP (Neuro Linguistic Programming) methods flexible enough to cover all situations. It focuses equally on the needs of you, the parent, as well as your child and will help running more smoothly; understand your children; support and encourage them and their development more effectively; recognise and meet your own needs so you can be more re feel more confident and positive so you can have fun and enjoy being a parent more of the time! Rather than giving prescriptive advice, Happy Kids Happy You will enable you to de solutions to situations. You will learn to speak and behave more positively with your children and experience outstanding results!

Transcriptions of video tapes by the originator and co-founder of Neuro-linguistic programming.

A rare, intimate encounter with one of the world's most innovative masters of personal change and growth. Richard Bandler is known worldwide for his ability to captivate audienc lives for the better. His insights into the human mind have undeniably ignited the worldwide phenomenon of Neuro Linguistic Programming (NLP) and catapulted and transformed th change forever. Conversations with Richard Bandler recounts professional and personal revelations between Richard Bandler and a young NLP practitioner and Bandler protégé, Owe on a quest to discover the real-life application of what Bandler defines as "personal freedom," or what is truly possible for the human mind. With conversations covering diverse top heartbreak, rejection, compulsions, and perfectionism, the dialogues between Bandler and Fitzpatrick uncover the solutions to complex issues including depression, social anxieties, Presenting never-before-heard insights from Richard Bandler on the field of NLP, plus specific exercises to ignite effortless change, and numerous anecdotes from past clients and Conversations with Richard Bandler offers a way to think and live in a radically different way.

The Essential Guide to Neuro-Linguistic Programming

Handbook of Hypnotic Suggestions and Metaphors

Get the Life You Want

The Structure of Magic

Neuro-linguistic Programming and the Structure of Hypnosis

Patterns of the Hypnotic Techniques of Milton H. Erickson, M.D.

Persuasion Engineering

Richard Bandler, co-creator of NLP and the man who inspired Paul McKenna to greatness, collaborates with Alessio Roberti and Owen Fitzpatrick to reveal how to unleash your true potential and transform your life.

This work covers Neuro Linguistic Programming (NLP), a model of human experience and communication. Using the principles of NLP, the book asserts that it is possible to describe any human activity in a detailed way that allows the reader to make many changes quickly and easily. It claims that using the techniques of NLP one can learn to: cure phobias and other unpleasant feeling responses; help children and adults with learning disabilities overcome these limitations; eliminate unwanted habits, eg. smoking, drinking, over-eating and insomnia; and make changes in the interactions of couples, families and organizations so that they function in ways that are more satisfying and productive.

Whatever You Want Richard Bandler, The Man Who Taught Paul Mckenna And Inspired Him To Greatness, Can Help You Get It. Full Of Simple, Potent Nlp Exercises That Will Take You Minutes To Do But Will Make Your Life Permanently Better, This Incredible Book Is A Must For Anybody Who Has Ever Wished For Anything But Not Found A Way To Get It. Richard Bandler The World-Renowned Co-Creator Of Nlp Who Has Helped Millions Around The World Change Their Lives For The Better Has Written A Simple And Empowering Book To Help You Get The Life You Want. He Will Help You Become The Master Of Your Mind So That You Make Your Mind Up And Don'T Allow It To Make You Up. He Also Includes A Huge Range Of Individual Exercises To Help You Master Different Areas In Your Life, From Getting Over Fears And Phobias And Breaking Bad Habits To Making More Money And Bringing More Happiness Into Your Life. Bandler Also Offers A Fascinating Insight Into Why His Techniques Work And How He Came To Develop His Life-Changing Nlp Techniques

Thinking on Purpose is an indispensable guide to anyone who wants to make changes in their life. Most people don't really 'think'. They 'remember'. That's why they are often destined to repeat the same negative patterns over and over again.

The Secrets of Being Happy: The Technology of Hope, Health, and Harmony

Neuro Linguistic Programming

The Ultimate Introduction to NLP: How to build a successful life

Multi-level Communication in Therapy and Training

More Hypnotic Inductions

Thinking on Purpose

Hypnosis Without Trance

Everything you always wanted to know about PRACTICAL HYPNOSIS but didn't know who to ask. About this book: If you only buy one book on hypnosis, you need to ... make it this one... 'Just make the purchase'! You won't need another. It is a complete, step by step, guide on how to master the art of instant, hypnotic inductions (in as little as one second), rapid inductions, conversational hypnosis and stage hypnosis, in one book. In this, the author has created an informative, inspirational and enjoyable read for those who wish to learn hypnosis. Within its pages you will find everything you need to know (and more) to begin practising hypnosis for fun or profit. Its coverage of conversational hypnosis provides the necessary theory to make every conversation you have with others hypnotic in its effect, sending subliminal messages that take the form of silent command that must be obeyed. This book is also an invaluable tool for the hypnotherapist wishing to up-grade their skills by learning instant or rapid inductions to get their clients in a state of deep trance in a fraction of the time taken by more progressive inductions, thereby increasing income or leaving more time for therapy in each session. This book describes tried and tested hypnotic methods that work, explaining the theory so you quickly learn how to hypnotise safely, with confidence and professionalism. Descriptions of hypnotic techniques are clear and easy to understand. It completely lifts the lid on the mystery of hypnosis, kept secret by a privileged few for centuries. It is a must have, no nonsense book for the serious and intelligent reader, forming a valuable reference for both student and professional alike. It does what it says on the cover, nothing is left out. Its concise and informative style explains even the most difficult concepts easily, packing the amount of information normally found in four or five books into one clear text without the padding, saving hundreds of pounds otherwise spent purchasing light-weight resources. The book's direct approach gets you quickly to the core of the subject matter, which is laid out in chapter form, allowing the reader to dip into areas of interest without having to repeatedly read the whole. As a resource, it is as brilliant and useful as it is detailed and informative, making it essential reading for the would-be hypnotist as well as teachers, sales-men and other professionals. If you decide to buy this book you will need no other. 'Just make the purchase'!

Designed as a practical desktop reference, this official publication of the American Society of Clinical Hypnosis is the largest collection of hypnotic suggestions and metaphors ever compiled. It provides a look at what experienced clinicians actually say to their patients during hypnotic work. A book to be savored and referred to time and again, this handbook will become a dog-eared resource for the clinician using hypnosis.

George Gafner's Handbook of Hypnotic Inductions provided clinicians with inductions ready-made for practice. Here, in response to the overwhelming success of that book, he provides more brand-new inductions for the beginning and advanced hypnotherapist.

"This material has taught me more about hypnosis than my previous 20 years in psychology and 4 years as a practicing Hypnotherapist [and] should be a standard requirement for ANY Hypnotist wanting to bring about real change. If you don't learn this stuff you will be left behind!" - Michael Skirving, DNLP, DHyp, LAPHP Hypnosis: is it actually real? What causes its strange effects? And can everyone easily learn to do it? Since the seminal work of hypnosis pioneer James Braid in the 1840s, the dominant model for understanding hypnosis has been that it is simply a special state (popularly referred to as 'hypnotic trance') that renders people unusually responsive to suggestion. By this model, the practice of hypnosis is simply that of the induction of hypnotic trance, followed by the delivery of suggestions for the desired results. By summer 2008, James Tripp had been working professionally with hypnosis for 6 years. Whilst he had used what he had learned to great effect with his clients (from manual therapy to coaching and changework), it had become increasingly clear that something was amiss with the traditional trance model - instead of his clients responding to suggestion as a result of entering 'trance', they were apparently entering 'trance' as a result of being given suggestions. The cart seemed very much before the horse. This led Tripp to embark on a mission to break down and rebuild hypnosis and suggestion work; to uncover how it really worked and also to see if it could be done more effectively and efficiently. To find a suitable laboratory for his research he stepped out of his hypnotherapy office and onto the streets of London. Across the next year he developed consistent methods for the effective evocation of classic hypnotic phenomena without using trance inductions; simply structuring suggestions and making requests that worked with people's everyday cognitive faculties to create mind-bending results. In 2009 Tripp started demonstrating his work and sharing his ideas via the Hypnosis Without Trance blog. The content was divisive to say the least - while some traditionalists were upset or angered by the assertions, many others were liberated and empowered by the material. "Hypnosis Without Trance has blown my mind and completely changed my thoughts on how hypnosis works with my clients - it's clicked together a lot of gaps that my traditional' learning couldn't explain..." - Michelle Marsh, (Hypnotherapist) "I think this is the most clear and understanding approach I have ever seen or read. Thanks a lot!" - Raul de la Horra (Hypnotist, Psychotherapist and Magician) This book represents the culmination of that period of experimentation and rebuilding, presenting a new central model for hypnosis (The Hypnotic Loop). Further to this it extensively unpacks the tools, tactics and psychological subtleties required for the effective facilitation of powerful hypnotic experiences. Hypnosis Without Trance is for you if you are looking to understand how hypnosis really works, and how you might better facilitate it. Whether you are a student of hypnosis, established practitioner or curious spectator, its clear exposition will significantly deepen your understanding and grasp of this fascinating craft. "Definitely the next important big step for me - a practicing hypnotherapist for over 20 years. Absolutely brilliant! Thank you!!"- Richard Whitehurst (Hypnotherapist) "I gained more understanding of how hypnosis really works from HWT than anywhere else, and think it's a must for anyone serious about hypnosis." - Lazarus Stone (Professional Mentalist) "Using this approach I have gained more confidence and I am far more relaxed as a hypnotist than any time in the past 20 years." - Gary Plumridge (Hypnotherapist)

The Essential Milton Model

The Secrets to Quick and Lasting Life Change with Neuro-Linguistic Programming

Hypnosis for Beginners

A 15 Day Plan to a Smarter Life

Two NLP Masters Reveal the Secrets to Successful Living

Trance-formations

Frogs Into Princes

Explains how we use our communicating processes to generate behaviours which unconsciously stand out on their own and speak for themselves. Covering everything from the sales process through to the close, the text considers the human communication processes present in a wide range of situations.

Imagine for a moment that someone takes you into a huge room, packed with the most complex technology you'd ever seen and offers to show you how to operate the system so that you can instantly bounce your attitude from one of negativity and doubt to an attitude of optimism, cheerfulness and hope. How radically would your life change if you could switch, at will, from living life down to living life up? What would you be capable of achieving if you had a system guaranteed to upgrade your health and well-being, outlook and expectations? Is this something you'd be interested in? If so, read on ... Being Happy is written for the average person who wants to change his or her life and achieve his or her full potential. It is full of exercises and life-changing tactics utilizing the principles of NLP with amazing results. Written by Richard Bandler, co-creator and developer of Neuro-Linguistic Programming, and Garner Thomson, NLP Master Practitioner and Trainer, Richard Bandler is arguably the world's most influential contributor to the field of self-development and applied psychology. His books have sold more than half a million copies, and tens of thousands of people have studied his unique blend of hypnosis, linguistics, and precise thinking throughout the world. A widely acclaimed keynote speaker and workshop leader, he is the author of many books, including Get the Life You Want, Richard Bandler's Guide to Trance-formation, Using Your Brain-for a Change, Time for a Change and Magic in Action. He co-authored Conversations, Frogs into Princes, Persuasion Engineering, The Structure of Magic I, The Structure of Magic II, Patterns of the Hypnotic Techniques of Milton H. Erickson Volumes I and II, and Neuro-Linguistic Programming Volume I. Dr Bandler's background as a musician and his interest in the relationship between sound and neural functioning has led him to develop Neuro-SonicsTM, and a range of programs for the BrainFit light-sound machine, both of which utilize music and sound to create specific internal experiences and behavioral outcomes. He is also the founder of the mental technologies of Design Human Engineering (DHE) and Neuro-Hypnotic Repatterning (NHR). (Less)

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.

The authors, practitioners in NLP, explain Milton H. Erickson's skills of hypnotism to the readers, identifying the elements of his skill by using refined patterning and modelling techniques. Erickson also describes his methods in his own words.

Using Your Brain--for a Change

How to Harness the Power of Hypnosis to Ignite Effortless and Lasting Change

Introducing Medical NLP: The Art and Science of Language in Healing and Health

NLP

Magic in Action

Uncommon Therapy

The Definitive Guide to NLP for Teaching and Learning

Training Trances is about how to therapeutically communicate with the unconscious mind. The authors present their own unique integration of Ericksonian techniques, traditional models of hypnotherapy, and recent research in related areas. Numerous new patterns modeled from the work of Milton H. Erickson, M.D. are clearly explained and demonstrated. The use of trance in training design, to unconsciously install the skills being taught to the participants, is also covered. The book developed from transcripts of a four day workshop, and the design of the book parallels the design chosen for the training itself. Individual exercises or those done in groups of two or three are offered so that the reader may practice the techniques and learn the skills. There are numerous "live" demonstrations, inductions, and double inductions which create for the reader a real "feel" of how hypnosis is done and which are also a rich source for linguistic analysis for the advanced reader. Written with insight and humor, this book's most unique twist is its use of multi-level communication and hypnotic language to create a "training trance" for the readers as they journey through the text. Some hypnotic references are obvious and explicit -- those which are not obvious will create enjoyable "ah-ha!" experiences for the reader as they are discovered.

This practical resource makes three radically different types of hypnosis easy to use in daily hypnotic work, exploring the methods of Milton H. Erickson, George Estabrooks and David Elman. "A gem. Well-written, well-paced and packed with information." Andrew Bradbury, author of Successful Presentation Skills and Develop Your NLP Skills

Presents over one hundred "teaching tales" of the hypnotherapist Milton Erickson, which he uses to influence his patients on

conscious and unconscious levels, and discusses his approaches to hypnosis and psychotherapy

Put down your sissy drink with its umbrella, get off your backside, and square yourself away. Get fit, get a job, and get yourself some self-respect. America's favorite, most in-your-face sarge is going to show you how to get squared away like a Marine. R. Lee "Gunny" Ermey, of The History Channel's Mail Call, takes time out from telling viewers all about military technology, to tell readers all about life. Men today are facing a crisis of emasculation. Gunny is here to tell you how to fight back and save your dignity: by taking control of your own damn life. First, he teaches you how to get fit, stay fit, and defend yourself. Then, he teaches you how to conduct yourself the way real men do: with assertiveness but also with wisdom and courtesy. Finally, Gunny motivates you to use your new fitness and new attitude to live life like a man of honor: to work hard, reach for high goals, and set an example with your life. Gunny's Rules is the ultimate guide for anyone who wants to live life like one of the toughest of the tough—like a Marine.

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

Human Behavior and Psychotherapy

Make Your Life Great

Transform your stage presence with NLP

Neuro-linguistic Programming [Trade Mark Symbol] and the Transformation of Meaning

Conversations with Richard Bandler

An Insider's Guide to Sub-modalities

Case histories are presented to illustrate the use of hypnosis in psychiatric therapy by Dr. Milton H. Erickson

Committing to learning the Milton Model was perhaps the best thing I ever did for myself. I became a better conversational hypnotist, hypnotherapist, and my influence and persuasion skills saw many breakthroughs. I earned more money applying these patterns to the context of face-to-face selling that I retired early. This book is something that will serve you well. You'll be astonished to discover how clearly the hypnotic language patterns are presented, the many examples, and how much work has gone into creating this book. It is truly an exhaustive resources for all truly serious hypnotists. In this book you'll learn all the primary Milton Model patterns, i.e. hypnotic language patterhs, and a few other hypnotic patterns utilized by Milton H. Erickson with his hypnotherapy clients. In my professional opinion these patterns are a 'must know' for any truly serious hypnotist. I personally believe anyone, training another, in the ways of hypnosis, should have a solid grasp of these language patterns and how to effectively use them. It will be invaluable for yourself and your students. I have often wished there had been a book which taught only the Milton Model, and oddly never thought to write the book myself, though I happen to be an international hypnosis trainer, highly skilled in the Milton Model. Searching online one day for some Milton Model resources I became so frustrated I decided right there and then to write the book myself, since nobody else had. Here it is. I promise you'll learn something about the Milton Model you don't know. I have gone out of my way to deliver a resource that will birth insights for you. Grab your copy now!

This wonderful book is for anyone interested in making their life significantly better. It is a goldmine of insights and techniques from one of the greatest geniuses of personal change. As you use the techniques in this book, you will exponentially increase your ability to make dramatic life-enhancing differences. It is by far one of the most entertaining and professionally stimulating books I have read. It will change your life!"--Paul McKenna, Ph.D, author of I Can Make You Thin and host of The Learning Channel's I Can Make You More than thirty years ago, Richard Bandler set out to discover how some therapists managed to effect startling change with their clients, while others were arguing about theories as their face patients waited in vain for help. Now widely regarded as the world's greatest hypnotist, Richard Bandler observed and developed patterns which became the foundation of neuro-linguistic programming (NLP), arguably one of the most profoundly effective approaches for self-development and change. Since coauthoring the internationally influential books, The Structure of Magic Volume 1, and Patterns of the Hypnotic Techniques of Milton Erickson, M.D. Volume 1, Bandler has traveled the world, honing his skills and helping people solve problems and achieve goals when other "experts" have been unable to help. Richard Bandler's Guide to TRANCE-formation, he returns to his roots: hypnotic phenomena, trancework, and altered states to provide a highly compelling prescription for personal change. According to Bandler, "trance" is at the very foundation of human experience. People are not simply in or out of trance, but are moving from one trance to another. They have their work trances, their relationship trances, their driving trances, and their parenting trances. Some of these states are useful and appropriate; others are not. With his signature wit and contrarian approach to therapy, Bandler shows how anyone can reset or reprogram problem behaviors to desired alternatives, with lasting and life-altering results. Peppered with case studies and more than thirty exercises, Richard Bandler's Guide to TRANCE-formation, is an intriguing, engaging, and often amusing, read for anyone, whether they are new to NLP, want to further their NLP training, or simply want to make a positive difference in their own lives.

Please note: This is a companion version & not the original book. Sample Book Insights: #1 We learn by repetition. Something we do enough times gets its own neuronal pathways in the brain. Each neuron learns to connect and fire with the next one down, and the behavior gets set. We wouldn't be able to enjoy movies without this process. #2 We are the only machine that can program itself. We are meta-programmable and can set deliberately designed, automated programs that work by themselves to take care of boring, mundane tasks. #3 There are three steps to making enduring change: people must become so sick of having the problem that they want to change, see their problem from a new perspective, or create new and appealing options and pursue them. #4 The brain's ability to learn something quickly is useful for acquiring new responses. People are often disabled by their phobias, but they are always creative and

committed to having them. They need to experience a unique trigger and make complex decisions quickly.
My Voice Will Go with You
How Hypnosis Really Works
Reframing
Happy Kids Happy You
Hypnosis
Nlp Workbook: A Practical Guide to Achieving the Results You Want
Presenting Magically

This book does what no other book can. It gets right to the heart of Teaching and Learning by helping you understand how learning works.This edition includes bonus videos that include chapter introductions, chapter summaries, and interviews with the authors to help you further understand and use the information.There is also a free membership to a community of like minded teachers and learners for idea creation, sharing and problem solving.

By the team behind the bestselling NLP: The New Technology of Achievement comes an essential new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step handbook. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind NLP: The New Technology of Achievement, one of the bestselling NLP books of all time, comes NLP: The Essential Guide to Neuro-Linguistic Programming \. Written by three NLP Master Practitioners and training coaches, including the president of NLP Comprehensive, with an introduction from the President of NLP Comprehensive, NLP: The Essential Guide to Neuro-Linguistic Programming guides users to peak performance in business and life, and gets specific results. In twelve illuminating sections, NLP: The Essential Guide to Neuro-Linguistic Programming leads you through dozens of "discoveries"—revelations of NLP practice that enable you to explore your own personal thinking patterns, to manage them—and to transform them. Divided into two categories, "All About You" and "All About the Other Guy," these strategies offer a personal and interpersonal program that frees you to become better at managing your feelings instead of being dominated by them, managing your motivations, being less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected. Chapters on "Personal Remodeling" (Discovery 9: No inner enemy) and "Secrets of Making Your Point" (Discovery 31: Convey understanding and safety without talking), enhance creativity, collaboration, cooperation, and communication. Through "mind reading" techniques—non-verbal communication, and "hearing what's missing"—learn the secrets of relating with others, understanding how they are thinking—and influencing them. A streamlined all-purpose guide for both newcomers and NLP veterans, NLP: The Essential Guide to Neuro-Linguistic Programming is the new all-in-one, eye-opening blueprint for your own ultimate success.

Neuro-Linguistic Programming (NLP) studies brilliance and quality--how outstanding individuals and organizations get their outstanding results. Joseph O'Conner, a leading international NLP trainer and co-author of the bestselling Introducing NLP, offers a step-by-step guide to learning the NLP methods and techniques to help you become the person you want to be in the NLP Workbook. The NLP Workbook is a complete guide to NLP that includes: How to create and achieve outcomes How to choose your emotional state and shift thinking Meta modeling your own internal dialogue All of the basic NLP techniques and training exercises An Action Plan with exercises and suggestions for skill-building O'Conner discusses a range of topics from rapport and trust, and how to visualize, to negotiation skills, mental rehearsal and coaching. NLP Workbook is a book for everyone and anyone interested in NLP. The neophyte will find definitions, examples, and a step-by-step entry into learning how to use NLP, and trainers will discover many new ideas for NLP training.

The Origins of NLP brings together the recollections and thoughts of some of the main protagonists from the very early days of NLP. In 1971 Richard Bandler and Frank Pucelik were students at Kresege College at the University of California Santa Cruz. They had a strong mutual interest in Gestalt Therapy, Frank because of his traumatic time in Vietnam and because he had been working with some disaffected and drug-addicted kids, and Richard because he had been working with Science and Behavior Books on transcribing and editing Fritz Perls' seminal work, The Gestalt Approach and Eyewitness to Therapy. They started a local Gestalt group and ran 2-3 sessions a week collaborating and experimenting with the language of therapy. They started achieving some brilliant results but were having problems transferring their skills to others and so Richard invited one of their college professors, John Grinder, to observe what they were doing in order that he would, hopefully, be able to deconstruct what they were doing that was so effective. John was a professor of Linguistics and was instantly impressed with the work that they were doing. He was able to add more structure and in due course the three of them formalised what is now known as the Meta Model. NLP, or Meta as it was known then, was born.

A comprehensive guide

Using NLP to Bring Out the Best in Ourselves and the Children we Care For

Get The Life You Want With Cd

Training Trances

An Essential Examination of Milton Hyland Erickson's Hypnotic Language Patterns So You Can Utilize Indirect Hypnosis Techniques to Hypnotize Anyone, the Same!

Everything You Always Wanted to Know About Practical Hypnosis but Didn't Know Who to Ask

A Book about Language and Therapy

Introduces the concept of hypnosis, describes exercises designed to teach basic techniques, and discusses regression and self-regression

Richard Bandler is known worldwide as the cofounder of neurolinguistic programming (NLP). Here, in what will be considered a classic, is Bandler at his best—the most accessible and engaging work yet, detailing his proven methods that have freed tens of thousands of people worldwide of their destructive habits, phobias,and fears. When conventional therapy and drugs fail, Richard Bandler delivers, often with miraculous results. Richard Bandler cocreated the field of NLP with John Grinder in the early 1970s. Since then, Bandler's work revolutionized the field of personal change; his models and methods have been widely adopted and used successfully in colleges and universities, therapists'offices, professional sports teams, and businesses across the globe. While many people have written books on NLP, much of what has been written is based on Bandler's ideas. Get The Life You Want shares 'the how' from Bandler himself, with remarkable insights into some of his greatest and most advanced work to date, including compelling true examples from client sessions. With more than thirty exercises that promise rapid relief from any problem or habit, plus a glossary of terms and a detailed index, this is a culmination of a lifetime of work written in a simple, engaging style that both clinicians and laypeople will find effective. Richard Bandler's books have sold more than half a million copies worldwide. Tens of thousands of people, many of them therapists, have studied Bandler's blend of hypnosis, linguistics, and positive thinking at colleges and NLP training centers in the United States, Europe, and Australia. He is the author of Using Your Brain—for a Change, Time for Change, Magic in Action, and The Structure of Magic. He coauthored Frogs into Princes, Persuasion Engineering, The Structure of Magic Volume II, and Patterns of the Hypnotic Techniques of Milton H. Erickson Volume I.

From one of the greatest innovators in the field of personal growth comes bold new insights and hypnosis techniques to achieve lasting freedom from negative habits, thoughts, and beliefs.

Bandler covers a lot of ground in this book - in his unique style - and provides real insight into areas such as sub-modalities and multiple perspectives in a fairly short period (157 pages). The content is edited notes from a series of Bandler workshops (in a similar vein to Frogs into Princes and Trance-Formations). The book begins with an overview of NLP - making particular reference to the "new" submodality patterns (the book was written in 1985) and presenting these as a faster and more powerful way of creating personal change. Subsequent chapters provide a humorous exploration of many of the traditional approaches to personal change and outline many useful guiding principles (structure versus content etc) for the application of NLP to personal change. The author makes repeated reference to a number of epistemological issues underlying traditional psychological approaches that tend to focus on "what's wrong, when you broke, ... what broke you, ... and why you broke." He goes on to state that "psychologists have never been interested in how you broke, or how you continue to maintain the state of being broken." NLP on the other hand, Bandler asserts, assumes people work perfectly and that people are just doing something different from what we (or they) want to have happen. This provides a clear indication of the approach adopted in the remainder of the book, and suggests that the focus of NLP on subjective experience (as the study of subjective experience) is entirely valid and necessary. Bandler provides a convincing argument for tailoring all our change work to the individual - purely because each individual is unique. The book continues with a useful and insightful exploration of a number of techniques (including the fast phobia cure, contrastive analysis in belief change, integrated anchors and Swish,) as well as discussion of more general (and generative) strategies for learning and motivation.

Magic in Practice

Teaching Excellence

Gunny's Rules

The Origins of Neuro Linguistic Programming

The Wisdom of Milton H. Erickson

Reach New Levels of Awareness & Achievement

Summary of Richard Bandler's Richard Bandler's Guide to Trance-formation

Whether you are a newcomer or a seasoned professional, Presenting Magically will provide you with masterful tips and techniques to transform your presenting skills. " A treasure trove of information on how to acquire the skills of a world class presenter." Judith E. Pearson PhD, Anchor Point

Richard Bandler's Guide to Trance-formation

The Adventures of Anybody

The Teaching Tales of Milton H. Erickson, M.D.
Time for a Change
How to Get Squared Away Like a Marine
The Psychiatric Techniques of Milton H. Erickson, M.D.