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and view the world This then enables them to positively change the way they set and achieve goals build relationships with others communicate and enhance their overall life skills Sounds great right But where do you begin Thankfully that's where this friendly and accessible guide comes in Free of intimidating jargon and packed with lots of easy to follow guidance which you can put in to use straight away Neuro linguistic Programming For Dummies provides the essential building blocks of NLP and shows you how to get to grips with this powerful self help technique Highlighting key NLP topics it helps you recognize and leverage your psychological perspective in a positive fashion to build self confidence communicate effectively and make life changing decisions with confidence and ease Includes updated information on the latest advances in neuroscience Covers mindfulness coaching social media and NLP in the digital world Helps you understand the power of communication Shows you how to make change easier If you're new to this widely known and heralded personal growth technique either as a practitioner or homegrown student Neuro linguistic Programming For Dummies covers everything you need to benefit from all it has to offer

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Assertiveness Skills for Health and Social Care Professionals Annie Phillips,2021-12-24 Want to communicate clearly honestly and directly without avoidance or resorting to manipulative or aggressive behaviour Learn how to be assertive and explore its advantages as the primary tool of effective communication skills in healthcare settings If you work in health or social care as a manager or clinician deal with people on a daily basis and need these dealings to be thoughtful effective and stress free this is the book for you It teaches you how to understand and alleviate barriers to effective communication manage the stresses and conflicts and develop the effective clinical people and management skills you need to navigate successfully through a career in healthcare It challenges the reader to re construct their approach to communication and present themselves more confidently whilst encouraging investment in their personal and professional development This highly practical guide and its companion volume *Developing Leadership Skills for Health and Social Care Professionals* are essential tools for all health and social care professionals wanting to develop relationships with their colleagues patients and clients including clinicians practice managers nurses midwives general practitioners therapists doctors dieticians psychological therapists paramedics and health visitors **Positive Psychology For Dummies** Averil Leimon,Gladeana

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Motivation For Dummies Gillian Burn,2011-02-08 Packed with motivational tools and techniques to help you succeed

Inspire yourself and others to make positive changes and create a more motivated life Motivation is a powerful tool and is central to achieving your goals whether you want to change your career promote teamwork in the office quit a bad habit or find a new interest you need to find the motivation to get going and keep going This no nonsense guide explains the psychology of motivation and offers practical strategies to help you master your mind and body to unlock your motivation and get more of what you want in all aspects of your life Discover how to Muster the motivation to make a change Motivate your mind and your body Set goals and maintain motivation Develop a strategy for success Overcome motivational barriers and deal with setbacks *Persuasion and Influence For Dummies* Elizabeth Kuhnke,2011-12-12 Many people want to gain trust

or support in business and throughout life but the true skill is doing so in a charming fashion Whether you re convincing the boss about your much deserved promotion or a busy restaurateur to offer a better table the power of persuasion can help improve and increase your successes Elizabeth Kuhnke author of the bestselling Body Language For Dummies guides the reader through easy to implement techniques that can turn a timid person into someone bursting with self confidence and the ability to influence Topics covered will include The key elements in becoming more persuasive body language listening skills using persuasive words and actions Finding a common ground and establishing a connection with your audience Capturing their attention and keeping them interested Putting yourself across convincingly Getting things done through others Identifying the type of person you re dealing with and responding in an appropriate manner **Medieval History**

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Psychology Overlooked It You may think you re in control of your thoughts emotions habits and decisions but what if you re not What if your conscious choices are consistently overruled by something deeper something you can t see or name It raises a troubling question Are you truly in the driver s seat of your life or is someone or something else controlling your life Several clients face a recurring struggle a deep desire to change yet an uncontrollable force seems to derail their best intentions One client remarked I often get angry despite promising myself I wouldn t I try but then it just happens Another follows a strict diet diligently only to fall into a cycle of binge eating and weight gain despite trying countless diets before Others find themselves repeatedly returning to alcohol drugs or compulsive behaviors even after rehab or medical interventions One man was even given psychiatric medicine secretly by his wife to help him quit drinking Yet soon after treatment ends the same patterns return They all express a similar frustration There s something stronger than my will Something within me overrides every decision I make They feel helpless as if they re fighting against an invisible force one that doesn t respond to logic effort or good intentions If there is a force guiding your actions what is it Who or what controls that force And how can it exert such power over your mind body and behavior Sometimes it feels like you re a passenger held captive by an unknown force that operates beyond your awareness This unsettling experience isn t just yours Across psychology psychiatry science philosophy and even religion this mystery has been acknowledged yet remains unsolved Interventions like medication therapy and behavioral strategies often address the symptoms but leave the core question untouched That s where this book *The Self Decoded* steps in It invites you to uncover the roots of this invisible control and explore what s really driving your life The answers may surprise you but they could also set you free [Sports Psychology For Dummies](#) Leif H. Smith,Todd M. Kays,2010-09-07 Acquiring the winning edge in sports the mental edge Mental conditioning is now seen by many to be as critical to sports success as physical conditioning And for parents eager to ensure their children have a winning edge as well as a future college scholarship nothing could be more critical to success This book offers readers a comprehensive program to gain that winning edge providing training tips and techniques along with helpful advice to keep in mind while competing With practical advice on how to strengthen concentration and when you shouldn t concentrate talk yourself into winning and develop routines that will lead to consistent improvement the book s full personalized program will help any athlete gain over time the winning edge in any sport With tips on how to regulate your energy to avoid exhaustion and how to enhance your team s chemistry through sports psychology Loaded with real world examples from amateur and professional sports of all kinds Applicable to not only sports but business as well *Sports Psychology For Dummies* will enhance any competitor s motivation focus and will to win when facing life s toughest challenges [British History For Dummies](#) Seán Lang,2011-03-14 Royally confused about kings and queens Never sure what happened when Or where England Scotland Ireland or Wales Learn the people and events that shaped British history

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