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Neuro-linguistic Programming For Dummies Romilla Ready, Kate Burton, 2015-12-14 Turn thoughts into positive action with neuro linguistic programming Neuro linguistic programming NLP has taken the psychology world by storm So much more than just another quick fix or a run of the mill self help technique NLP shows real people how to evaluate the ways in which they think strategise manage their emotional state

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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Anger Management For Dummies, UK Edition Gill Bloxham,W. Doyle Gentry,2010-03-25 Everyone gets angry And in a turbulent economy where finances are stretched property prices waver and unemployment booms blowing a fuse is par for the course But you don't have to take it out on others Anger Management For Dummies UK Edition shows you how to work through feelings of rage emerge from the red mist and lead a healthier happier and more positive life This fully adapted UK edition guides you through ways to recognise and deal with the underlying causes of anger at work in relationships and in your personal life and teaches you how to stay positive in spite of all the stresses and strains life throws your way From letting go of resentments preventing new rage and dealing with the anger of others to improving self expression honing spiritual calm and getting a good night's sleep this user friendly guide tackles the latest anger busting exercises and therapies including CBT and demonstrates how to deal with anger constructively

Forensic Psychology For Dummies David V. Canter,2012-04-03 A fascinating guide on the psychology of crime Thinking of a career that indulges your CSI fantasies Want to understand the psychology of crime Whether studying it for the first time or an interested spectator Forensic Psychology For Dummies gives you all the essentials for understanding this exciting field complemented with fascinating case examples from around the world Inside you'll find out why people commit crime how psychology helps in the investigative process the ways psychologists work with criminals behind bars and how you too can become a forensic psychologist You'll discover what a typical day is like for a forensic psychologist how they work with the police to build offender profiles interview suspects or witnesses and detect lies Covers the important role psychology plays in assessing offenders Explains how psychology is applied in the courtroom Explains complicated psychology concepts in easy to understand terms If you're a student considering taking forensic psychology or just love to learn about the science behind crime Forensic Psychology For Dummies is everything you need to get up to speed on this fascinating subject

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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

McMahon,2012-02-27 Why do some people achieve greater success and happiness than others The key is positive psychology For most of its history psychology has focused mainly on the darker side of human behaviour depression anxiety psychosis and psychopathic behaviour In 1998 Martin Seligman became president of the American Psychological Association and inspired a movement to focus on the positives in human behaviour *Positive Psychology For Dummies* Taps into the burgeoning media focus on happiness and positive mental attitude Provides key information on the origins theory methods practitioners and results of positive psychology Demonstrates how to understand what makes you tick how to hone positive emotions and how to use positive philosophy for success in both your personal and working lives Is perfect for a wide audience from those wanting to get more out of their life to psychology students or counsellors About the author Gladeana McMahon is co author of *Performance Coaching For Dummies* She is regarded as one of the UK s top ten coaches Averil Leimon is co author of *Performance Coaching For Dummies* She is a business psychologist and a leading UK leadership coach

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**

For Dummies Stephen Batchelor,2010-07-13 Rattle through 1000 years of horrible history from the fifth century to the sixteenth century Famine plague and public execution the medieval period wasn t the best time for some but heroic rulers like Charlemagne William the Conqueror and Henry V made sure that it was full of action Brimming with facts this book helps you get under the skin of the people who lived at the time from impoverished peasants to opulent monarchs From the Dark Ages to the Renaissance and all the upheavals in between this book takes the pain out of medieval history The Black Death assess the deadly pandemic that swept through Britain and Europe killing millions of people The Holy Roman Empire strikes back understand how the empire fought to maintain its position Falling apart witness the arrival of powerful armies from the east and invaders from the north and the dramatic effects of religious schisms Heading for the Holy Land uncover the reasons why crusading became so popular and ultimately so unsuccessful between the eleventh and fourteenth centuries Living in the medieval world understand the lives of monks and monarchs peasants and popes and travellers and traders of the period Waging conflicts battles and wars a look through the troubles that shaped the medieval age from the fall of the Roman Empire to the Wars of the Roses Open the book and find Why the peasants revolted Where Chaucer gained inspiration to write The Canterbury Tales Which religious groups fought for power How the Magna Carta shaped our present day legal system Why the Vikings may have got to America before Columbus Profiles of the best and worst medieval monarchs How Joan of Arc made her name The great and grisly histories of surviving medieval castles Go to Dummies com

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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

British History For Dummies 3rd Edition is full of rip roaring stories of power mad kings executions invasions high treason global empire building and forbidden love not bad for a nation of stiff upper lips Engaged travelers lifelong learners history buffs and students will all enjoy this friendly and accessible guide written in well plain English This book is for you if you studied British History in school perhaps a while ago or learned only a bit about Wales or Scotland or Ireland and want to know more And if you ve ever asked yourself What kingdoms are part of the United Kingdom or Exactly how was the UK formed or Which people make up the UK you ve come to the right place to get those answers and so much more With an 8 page color insert so you can see who what and where the ensuing historical action takes place you ll learn about the following people and events and more What led to the Roman invasion and about the Britons who resisted it How Britain was divided into Saxon and Celtic kingdoms How the Roman Church converted Celtic and British Christians When the Vikings arrived and what other invaders followed The many battles of Henry II The forming of England s parliament How the Black Death affected Britain The Tudors vs The Stuarts How the Industrial Revolution helped push advancements in farming and infrastructure All about the Victorians everyone s favorite Britain s involvement in the Great War and World War II Additionally this edition is revised and expanded to include the historical parliamentary elections of 2010 and the British mission in Afghanistan and you don t want to miss out Pick up your copy of British History For Dummies 3rd Edition today

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