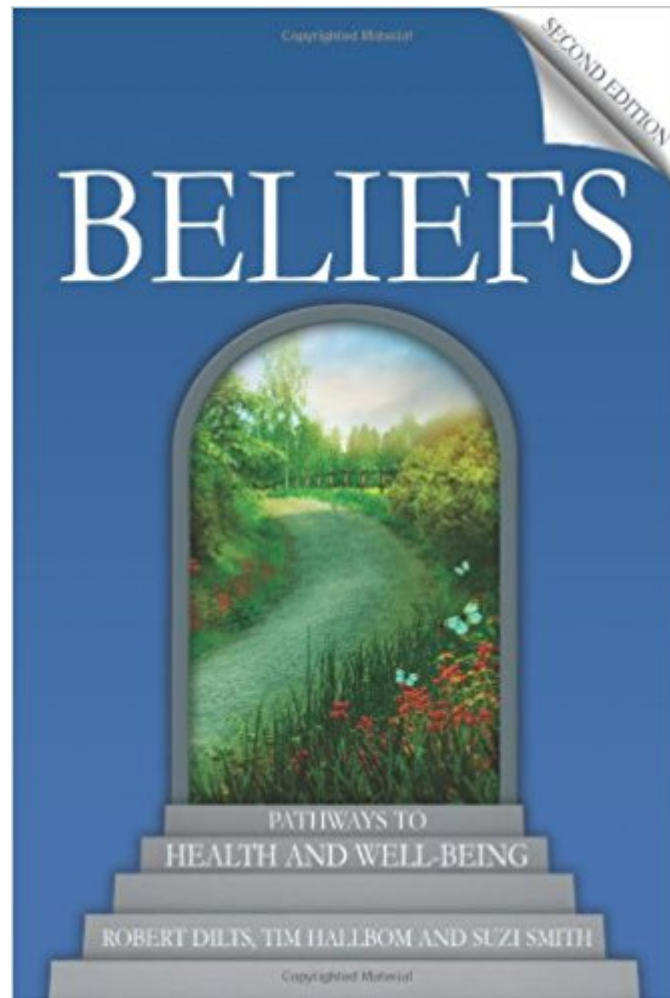




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Beliefs: Pathways To Health And Well-Being



Synopsis

BELIEFS are the foundation of everyone's personal outcomes. This second edition of *Beliefs: Pathways to Health & Well-Being* includes new and updated material and offers leading edge technologies that rapidly and effectively identify and remodel limiting beliefs. It teaches you powerful processes for change and demonstrates how to identify and change beliefs using scripts from personal change work undertaken with individuals in workshops. These processes include re-imprinting, conflict integration, belief/reality strategies, visualization and criteria identification. You will learn the latest methods to change beliefs which support unhealthy habits such as smoking, overeating and drug use; change the thinking processes that create phobias and unreasonable fears; retrain your immune system to eliminate allergies and deal optimally with cancer, AIDS and other diseases; and learn strategies to transform 'unhealthy' beliefs into lifelong constructs of wellness. The ISBN for the first edition is 9781555520298.

Book Information

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Average Customer Review: 5.0 out of 5 stars 10 customer reviews

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Customer Reviews

Robert Dilts has been an author, developer and consultant in the field of Neuro-Linguistic Programming (NLP) since its creation in 1975. He is recognized internationally as one of the foremost trainers and practitioners of NLP. Tim Hallbom co-founded Western States Training Associates in 1981. He has provided practical, skill-based training to individuals, businesses and government organizations throughout the United States, Europe and Latin America. Suzi Smith has been studying the relationship between people's behavioral patterns and health since 1979.

I did some NLP training in the past, but lately been more focussed on EFT. Very interesting and useful to go back and see Dilts' skill and thoughtfulness. Some of the processes are complex, but the complexity is described in very clearly defined parts that work in practice. This isn't a simple "imagine and it will all come true" self-help book, but a guide to becoming more aware of belief/emotion tangles in ways that let them be resolved. Excellent for counselors, and if you're willing to spend a little time exploring your own thoughts, feelings & imagination, you can certainly work with these processes.

I have had more copies of this book than I can count. I lend it to others and somehow it doesn't return. I find the techniques, exercises and connections very useful in my life. Excellent resources!

Robert with whom I have studied is one of the most brilliant of the guiding lights in the NLP movement. This is an important work. Particularly valuable for health care workers.

I like the way the author gives us the How To. This book must be read and practiced, it is not a read once and move on.

Substantial improvement on the first edition which was also excellent!! Contains a superb presentation of NLP belief models and procedures!

I am an NLP trainer. This is a very special and useful book.

Excellent.

Reading this book you became aware of your automatic approach to you and why you do what you do mostly automatically. Reading this book you can get a chance to go out from pea-super you live in before reading this book.

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