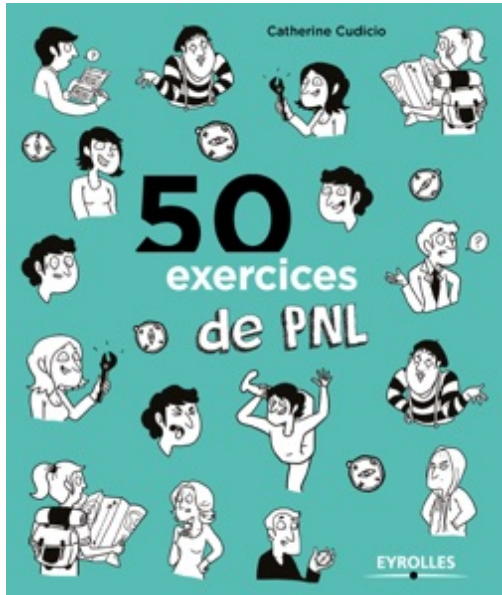


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Exercice n°00 : Ce livre est-il fait pour vous ?

Parmi les propositions ci-dessous, cochez celles qui vous correspondent.

Votre émotivité vous joue souvent des tours. Vous ne vous donnez pas le droit d'échouer. Au volant, un refus de priorité vous fait sortir de vos gonds. Au jeu de l'auto dévaluation vous êtes champion(ne). Vous devez faire un discours au mariage de votre meilleur ami : vous ne dormez plus depuis deux mois. Rien de tel que l'urgence pour donner le meilleur de soi-même. Vous avez 10 000 idées géniales mais comment passer à l'action ? Vous aimeriez savoir plaire à tout le monde. Votre emploi du temps ressemble à celui d'un ministre. "Je ne vais pas y arriver" est votre refrain préféré.

Moins de 2 réponses : ce livre ne vous concerne pas.

2 à 5 réponses : la lecture de ce livre vous sera probablement bénéfique. En 50 exercices simples, vous apprendrez à prendre de la distance avec vos émotions et représentations parasites.

6 à 10 réponses : ce livre est fait pour vous ! La PNL vous permet de redéfinir vos objectifs, à partir d'un point de vue neuf. Plutôt que de remonter aux origines d'un blocage, les exercices de PNL vous guident vers la résolution de vos problèmes. Déprogrammez vos inhibitions !

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If you realize your 50 exercices de pnl so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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