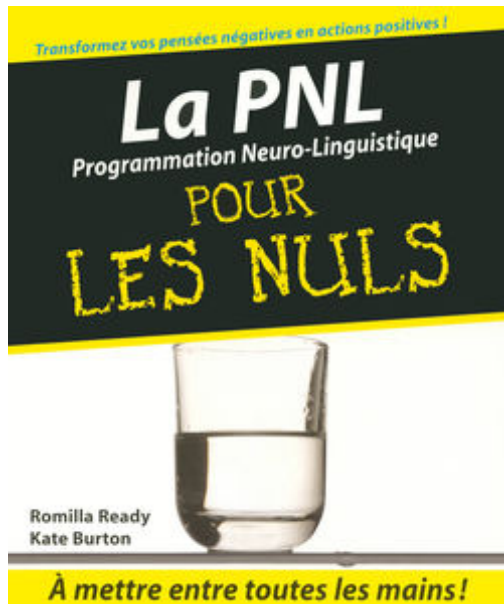


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Reconnue par les professionnels de la thérapie, de la communication, de la psychologie, elle est connue dans le monde entier et a aidé des millions de personnes.

Cette technique privilégie le comment au pourquoi, et propose une grille d'observation pour améliorer la perception que nous avons de nous-mêmes et des autres : elle nous montre comment s'exprimer avec authenticité par le langage.

La Programmation neurolinguistique pour les Nuls s'adresse à tous ceux qui se sentent concernés par leur développement personnel. Ils y trouveront des informations précises sur ses outils (visualisation, rêve éveillé, hypnose, travail sensoriel et linguistique) et leurs applications.

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