



Get the Life You Want: The Secrets to Quick and Lasting Life Change with Neuro-Linguistic Programming

Richard Bandler

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When people and therapists alike have a problem they can't fix, they call Richard Bandler because he delivers--often with miraculous results. Hailed as one of the greatest geniuses in the field of personal change, and the father of Neuro-Linguistic Programming, Richard Bandler has helped tens of thousands of people around the globe rid themselves of 'incurable' phobias, fears, anxieties, addictions, negative habits, and past traumas--often in a single session.

Get the Life You Want is Richard Bandler at his best, sharing his remarkable insights, his controversial signature wit, and more than thirty-five time-tested NLP techniques that will bring about quick and lasting change in every area of your life, from breaking free of toxic or non-productive relationships, to delivering business presentations without a knot in your stomach, to quitting smoking for good.

By putting Bandler's techniques into practice, you can literally change your brain chemistry without expensive drugs or endless therapy sessions; most of all, you can finally learn how to "run your *own* brain" instead of rehashing the same problems.

You'll discover:

How to Hone the Habit of Being Happy

Why Thinking Positively Won't Change Your Life. . . And Why Thinking *Precisely* Will

The Fast Phobia Cure That Will Banish *Any* Fear--Including Fear of Flying, Public Speaking, and Heights

How to Fall Out of Love with Someone (for Real!) If you're plagued with the past, stuck in a fear, or just unable to get your mental motor running on time, *Get the Life You Want* will offer a mental toolbox of ways to get your life in order. If you have spent too much time in therapy or too much money trying to do it yourself, this book is for you. The key to quick and lasting change is not only right at your fingertips, it's in your head--literally. *Get the Life You Want* will help you unleash it.

Get the Life You Want: The Secrets to Quick and Lasting Life Change with Neuro-Linguistic Programming Details

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Author : Richard Bandler

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From Reader Review Get the Life You Want: The Secrets to Quick and Lasting Life Change with Neuro-Linguistic Programming for online ebook

Ana Machado says

Muito bom!

Taka says

Worthless--

In audio format. Get the book. Really. The book is a goldmine of useful NLP patterns and exercises, which are pretty hard to do while on a bike or on the way to the train station. The format also makes it next to impossible to go back and find particular patterns that you need RIGHT NOW.

So get the book and stay away from the audiobook.

As far as the content is concerned, Bandler makes it painfully clear what NLP is, especially what in the world "submodalities" are. Anthony Robbins doesn't do a good job explaining them, but Bander the founder of NLP, does, except it's darn hard and sometimes simply not possible to "elicit" the submodalities of your feelings and beliefs.

For example, for the strong belief exercise, we're invited to listen to the statement, "Tomorrow, the sun will rise" and elicit the submodalities of our belief.

Frankly, I had no picture in mind when this statement was spewed at me. No picture of the sun, and hence no size, no color, or no placement of the picture.

So that was a bit annoying.

Anyways, although I haven't made up my mind about the effectiveness of NLP, I remain open-minded and am willing to give it a shot, and will report back when I come to any sort of conclusion about it.

Parvathi says

The areas concentrated for a personal change was good. I found the techniques to be quite complex and lost interest in concentrating the sections individually but kept reading till the end as the fields considered were really good. Towards the end there were few highlights that felt a little uplifting too.

Karl-Alexander says

Good book of magic

Raphael says

Some pretty food Ideas and practicable things about psychology to put into practice.

Steven Walker says

If you are looking for a book to solve all your problems, this is it! Really.

I recently developed a fascination for NLP after discussing it with someone at a party. I had known about Neuro-linguistic Programming for about 10 years but I didn't pay much attention until now. I discovered that my understanding of NLP was mostly wrong and it suddenly became a new hope for me to perhaps overcome problems I've been struggling with for years.

There are all sorts on books of NLP but this one jumped out at me. Not only is it written by Richard Bandler, the renowned co-founder of NLP, but it is also brand new and presents a culmination of NLP techniques. It focuses on self transformation, putting an end once and for all to bad habits and creating lasting change. It not only works for all the little things in life, but also offers ways to cure phobias, fears and compulsions and provides practical tools for day to day life. And surprisingly, it really does work.

I cannot give this book enough praise. Bandler's approach is incredibly insightful, wise and seasoned with decades of successful application. At first I felt a little silly doing the exercises and found some resistance or mental blocks to it, but I earnestly wanted to change some aspects of myself and stuck with it. And it has paid off! It has helped me in ways that no other rational thinking, book, or psychologist has been able to. Though probably the most important thing I have learned from this book is to use imagination and thinking more creatively to solve problems. It has put me back in control of my thoughts, feelings and future!

Phillip Ssali says

This book will change your life, it changed mine.

Success in life is about communication, how we communicate with ourselves and how we communicate with others. This book is about mostly how we communicate with ourselves, read the book but more importantly, do the book!

Aiman Phoenix says

I wanna give it 4.5 stars.

It's a quick read. At an average reading speed of 20~30. pages per day, you can finish it within a week.

Given the fact that Dr. Bandler as the co-founder of NLP, he's pretty good at summing up NLP for lay readers. I've read through other books on NLP but many are either too theoretical or too anecdotal. The content of the book is just right, i.e. enough anecdotes, enough principles, enough techniques, and enough examples. You'll be compelled to practice immediately for each chapter that you've gone through.

NLP, in my humble opinion, is a modern brand of meditation. It's a blend of mindfulness and directed visualization. And of course, like other forms of meditation, one can only benefit from it by practicing in a regular basis.

P/S: Minus 0.5 star for some of author's bragging tone in writing. He doesn't have to mention several times about his decades of experience in the field because we know he's the co-founder of NLP.

Rajiv Abraham says

After reading a ton of stuff on NLP (that I did not get) this one did it for me. Not just me, but even for my wife who has never been exposed to NLP or any of these concepts... she was able to get results right off the bat with the exercises in this book.

Good stuff... get it to solve problems.

Justin says

Mostly about hypnosis. I was expecting this to be more about the power of language and psychology.

LeikHong Leow says

It is a book about determination and the techniques on how to use NLP in our life and getting the things we want.

If you're keen to learn and know more about NLP, this is a book you should pick up. Bandler shared some useful tips on how simple NLP techniques can be practice to improve our life.

Meredith says

It has some really great elements to it, but desperately needs to be updated in terms of using shame techniques to get past addictions. Suggesting to someone who has a food addiction (and likely eating disorder) to imagine that eating another piece of cake will result in people pointing and laughing at you is irresponsible and horrendous fat-shaming that is likely a huge part of the emotional damage this person is already experiencing. Imagining further shame as a technique to change a behavior just plants more damage in the person's unconscious mind and shows a terrible lack of compassion and understanding of the complexities of pain a person faces when trying to find the right eating plan for their particular body. People

are already facing enough internal shame without planting bigger issues in a trance state. A healthier and kinder approach is likely possible with this technique and hopefully the author has evolved enough to recognize more recent brain and emotion science and will update this approach in the future.

Hamid says

Sometimes I couldn't speak very well because I was under strain but Richard showed me how to replace sub modalities on my mind. So I could speak very nicely. Meanwhile I always had pain in my body which it wasn't related to special disease. He thought me how to control my stress and release it with good feeling

Roland Byrd says

Wonderful information that changes your thinking and your life.

Richard Bandler is a wizard with words. Reading this book alone creates massive neurological shifts. Applying the processes in the book changes your life. Great work Mr. Bandler!

Vanea Tudor says

Good book about NLP practice! Very useful.
