



The NLP Coach: A Comprehensive Guide to Personal Well-Being and Professional Success

By Wendy Jago, Ian McDermott

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This is a comprehensive, practical and user-friendly guide to self-coaching using the powerful techniques of NLP (neuro-linguistic programming). The book provides a step-by-step programme to help you achieve success at work and at home. All the essential NLP coaching tools are clearly explained at the beginning of the book, with examples and case histories. The next six sections of the book show you how to coach yourself to success in six key aspects of your life.

Enhance your self-esteem

Build good relationships and improve your communication skills

Maximise your brain power, accelerate your learning and improve your memory

Generate health, wealth and happiness

Manage yourself and others better and make your work more rewarding

Reach your full potential and become spiritually alive

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Editorial Review

About the Author

Ian McDermott is a leading consultant and trainer and the co-author of eight books on personal and professional development. He is featured regularly on television, radio and in the national press. He is a certified NLP trainer and has taught NLP for 15 years.

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