



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

By 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.

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Editorial Review

Review

'Read this book: it will change your life.' Paul McKenna`Richard Bandler is a Leonardo of our times. He is one of our living greats.' The Guardian Weekend'Richard's ability to help people change is unparalleled ... everyone should carry this book with them.'Owen Fitzpatrick, presenter of RTE1's Not Enough Hours and co-founder of the Irish Institute of NLP

Review

'Richard Bandler has made an extraordinary contribution to people's lives across the planet. His highly powerful personal change techniques have enabled millions around the world to feel better about themselves and improve their lives. He gets results that nobody else can. Read *Richard Bandler's Guide to Personal Change*: It will change your life.'

-- **Paul McKenna, Ph.D.**, coauthor of *I Can Make You Thin* and host of TLC's *I Can Make You Thin*

'I know your life is about to change for the better. Why? Because you want it to, and because you have this book in your hands. With *Richard Bandler's Guide to Personal Change* and your willingness, you really can shift your life?starting from now.'

-- **Robert Holden, Ph.D.**, author of *Shift Happens!* and *Happiness NOW*

'For years, anyone wanting to learn directly from Richard Bandler had two choices: pay hundreds or even thousands of dollars to attend a live training or settle for material in books that, while excellent, were ten to thirty years behind the cutting edge. With this new book, *Richard Bandler's Guide to Personal Change*, the cutting edge has finally arrived?and it's sharper than ever!'

-- **Michael Neill**, author, *You Can Have What You Want*

About the Author

Richard Bandler's books have sold more than half a million copies worldwide. Tens of thousands of people, many of them therapists, have studied Bandler's blend of hypnosis, linguistics, and positive thinking at colleges and NLP training centers in the United States, Europe, and Australia. He is the author of *Using Your Brain?for a Change*, *Time for a Change*, *Magic in Action*, and *The Structure of Magic*. He coauthored *Frogs into Princes*, *Persuasion Engineering*, *The Structure of Magic Volume II*, and *Patterns of the Hypnotic*

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