



# Personal Development All-In-One For Dummies

*Rhena Branch, Mike Bryant, Kate Burton, Peter Mabbutt, Jeni Mumford, Romilla Ready, Rob Willson*

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**Personal Development All-In-One For Dummies** Rhena Branch, Mike Bryant, Kate Burton, Peter Mabbutt, Jeni Mumford, Romilla Ready, Rob Willson

A complete guide to understanding how you think, and discovering how to think differently.

Personal Development All-in-One For Dummies is a complete guide to the key techniques that help you master your thoughts: Neuro-linguistic Programming (NLP), Cognitive Behavioural Therapy (CBT), Life Coaching and Hypnotherapy. Discover the basic principles of each approach and receive sensible, practical and effective expert advice on how each one can help you challenge negative beliefs and change your attitudes. Whether you wish to conquer an anxiety, beat an addiction or simply think more positively, here you will find proven and popular methods that you can use to make major changes - improving your personal power and creating the life you want.

**Personal Development All-in-One For Dummies** will include:

## **Book I: Essential Concepts**

Exploring the Key Themes of NLP

Understanding Cognitive Behavioural Therapy

Examining Hypnotherapy

Introducing Life Coaching

## **Book II: Neuro-Linguistic Programming**

Taking Charge of Your Life

Creating Rapport

Reaching Beyond the Words People Say

Exploring the Amazing Power of Your Senses

Opening The Toolkit

Understanding the Psychology Behind Your Habits and Behaviours

## **Book III: Cognitive Behavioural Therapy**

Correcting Your Thinking

Overcoming Obstacles to Progress

Putting CBT into Action

Taking a Fresh Look at Your Past

Setting Your Sights on Goals

#### **Book IV: Hypnotherapy**

Taking A Separate View of Yourself

Considering How Hypnotherapy Can Help

Feeling Good

Expanding the Reach of Hypnotherapy

Practising Self-Hypnosis

#### **Book V: Life Coaching**

Introducing Your Coaching Journey

Visualising Your Whole-Life Goals

Becoming Your Best Self

Focusing on the Elements of Your Life

Physical, Mental and Emotional Wellbeing Developing and Growing

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