



PNL per il benessere: Come vivere felici usando la Programmazione Neuro (Italian Edition)

Richard Bandler, Garner Thomson

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Come fanno alcune persone a trasformare lo stress in motivazione, a raggiungere i propri obiettivi e ad affrontare lucidamente situazioni critiche, periodi di forte tensione e persino malattie? In altre parole, come fanno a vivere bene nonostante le sfide di ogni giorno?

Richard Bandler, padre e genio creativo della PNL, ha dedicato la sua vita a studiare chi - più o meno consciamente - pensa, comunica e agisce in modo tale da assicurarsi una vita armoniosa e gratificante. Grazie a PNL per il Benessere l'essenza di questa sana attitudine è a disposizione di chiunque ne voglia trarre beneficio.

Scritte in uno stile ironico e coinvolgente, queste pagine raccolgono un vero e proprio programma per vivere felice, che ti permetterà di costruire un presente in cui valga davvero la pena vivere.

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