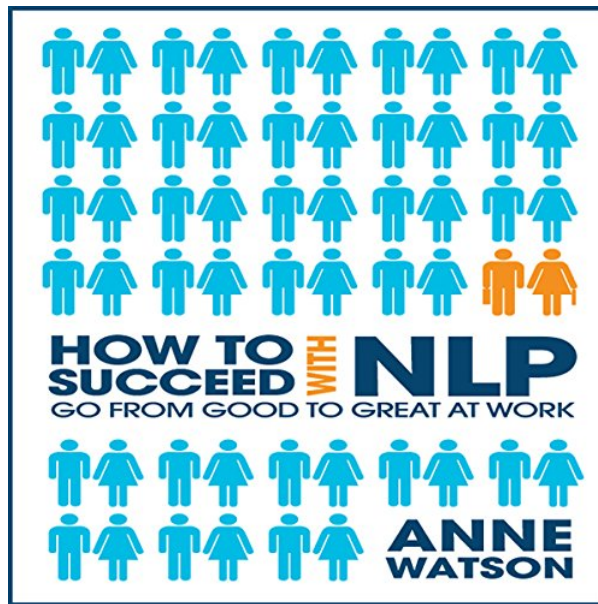# HOW TO SUCCEED WITH NLP: GO FROM GOOD TO GREAT AT WORK BY ANNE WATSON

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How to Succeed with NLP will make you more effective in every aspect of your work, helping you to really achieve your full potential. With the tools and techniques included here, everything you need to excel, shine and progress in your career is within your grasp.

- Sales Rank: #109249 in Audible
- Published on: 2010-05-14
- Format: Unabridged
- Original language: English
- Running time: 337 minutes

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Extremely useful Business Guide
By Cheryl A. Blalock
I was immediately drawn in to this book by the frank and engaging style of the author. Ms. Watson expects the reader to be an adult thinker. She does not spoon feed answers, but rather gets us to look at ourselves clearly and take ownership of our careers and successes.

Ms Watson's approach in her book is both intellectual and practical. She guides the reader through a series of steps to analyzing their own style, to thinking through their own goals, then looking at the major inhibitors to

reaching those goals. The approach really works when she breaks down basic attitudes and habits and then explains how to reframe each in the most positive way. I found myself thinking both of how I respond to the questions and points today, how I used to respond, and comparing to understand both my growth and the roots of the changes in those responses.

The most important and lasting things about this book are the tools Ms. Watson provides to taking control of our own success. I had no formal exposure to NLP prior to reading this book, and I was very pleasantly surprised at how the logic could be explained and assimilated so well through my own efforts as a reader....and Ms. Watson's great skills as a communicator. This is a book I'll keep as a reference if I find myself getting stale or "stuck" in the future.

I highly recommend this book to people at ANY point in their career, and particularly during such difficult working environments as we have now.

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