



## Personal Development All-in-One (For Dummies)

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# Personal Development All-in-One (For Dummies)

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*Personal Development All-in-One For Dummies* is a complete guide to a range of techniques you can use to master your thoughts and achieve your goals. 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, communicate better with others 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.

Techniques covered:

- Cognitive Behavioural Therapy
- Neuro-linguistic Programming
- Life Coaching
- Building Self-confidence

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