

# **NLP - A Technology for Personal Excellence**

By Gayle North

Most of us have spent more time learning how to operate the food processor than we have spent learning how to use our own brain. We struggle with frustrating aspects of our lives that could be easily improved with recently developed techniques that have been researched and proven effective by behavioral scientists around the world.

## **We Unknowingly Create What We Don't Want**

We all know that our thoughts and self-talk influence our personal reality. What we may not know is that we may be re-running old movies of ourselves in unpleasant experiences from the past or worrying about possible traumas in our futures. Repetition increases the power of these suggestions even more helping us to very successfully create *what we do not want*.

Neuro-Linguistic Programming (NLP)

The Art and Science of Personal Excellence.

NLP technology developed from the knowledge gained in studying how top people in different fields achieve their outstanding results. The approach is practical. It gets results.

N.L.P., very gently and elegantly, breaks through the conditioned limitations that keep us from reaching our full potential. Anyone may be guided through N.L.P. to improve personal and professional effectiveness.

The process used in N.L.P. is called modeling. It is being used in world class sports, counseling, education and business for more effective communication, personal development and accelerated learning.

## **NLP -- Technology to Create What You Want.**

Neuro-Linguistic Programming facilitates the acceptance of a new personal image or concept as a non-smoker, better golfer, more wise and loving parent, effective public speaker, etc.

With the acceptance of the new empowering self concept, the negative image and self-talk is replaced with the desired images and supportive self-talk. This happens without any conscious effort

NLP brings about *remedial* changes by creating new images of ourselves and then releasing resistance to successfully making the changes we desire. The natural next step then, is to calmly and easily *stop smoking, release unreasonable fears, correct insomnia, or assume ideal weight, etc.* - without effort.

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Gayle North offers Personal Coaching for Positive Change using recently developed empowerment technologies to clear mental and emotional blocks that keep people stuck in unhealthy habits and prevent them from performing at their highest potential in school, sports, relationships, work and finance. Call 406-837-1214 to learn how you can STOP SMOKING IN ONE HOUR and for coaching in person or by phone.

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