



**THE GUIDE TO NEXT GENERATION NLP**  
**Tools to Awaken and Transform**  
Nicolas Beffort

An effective approach for making long-lasting changes.

280 pages  
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Since it emerged in the early 1970s, neuro-linguistic programming (NLP) has evolved by drawing on various approaches and in harmony with many disciplines, including psychotherapy, hypnosis, and philosophy. *The Guide to Next Generation NLP* is the NLP of the 21st century: a discipline that is changing with the times and with the ever greater in-depth knowledge we have about how the brain functions.

As a result of this evolution, we can now accurately observe what underlies the success of particular individuals and follow these models to achieve our long-lasting objectives, whether they are personal, relational, or professional. Whether you want to be guided by a coach or would rather experiment with NLP techniques on your own, this book offers a terrific way to uncover your potential.

**Strong points**

- An interactive book with clear explanations accompanied by a variety of exercises to put into practice.
- A book that takes into account the most up-to-date brain research.
- NLP has proven its worth especially in the field of stress and emotional management.
- Internationally renowned for his expertise, the author is the founder of the first network of NLP schools in the French-speaking world.

**Subjects:** NLP, neuro-linguistic programming, communication, personal development, behaviour, change, brain, success, potential, development, modelling

*Nicolas Beffort holds a master's in philosophy, literature, and communication from the Université de Bruxelles. His professional career has taken him around the world as a journalist and consultant. In Quebec since 2003, he founded Coaching Quebec, a school for training in coaching, NLP, hypnosis, and neuroscience. Since then, he has trained thousands of people in NLP, in Canada, Europe, Morocco and Japan.*

By the same author:  
**KEEPING PACE WITH TRANSITIONS**  
**THE FAMILY, QUITE SOME BUSINESS!**  
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