

Making Everything Easier!™

2nd Edition

Personal Development

ALL-IN-ONE

FOR
DUMMIES®

5 BOOKS
IN 1

- Essential Concepts of Personal Development
- Neuro-linguistic Programming
- Cognitive Behavioural Therapy
- Building Self-confidence
- Life Coaching

Edited by:
Gillian Burn

Author of Motivation For Dummies



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Personal Development All-in-One For Dummies[®], 2nd Edition

Visit

www.dummies.com/cheatsheet/personaldevelopmentaiouk to view this book's cheat sheet.

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The map is not the territory

People respond according to their map of the world

There is no failure, only feedback

The meaning of the communication is the response it elicits

If what you're doing isn't working, do something different

You can't not communicate

Individuals have all the resources they need to achieve their desired outcomes

The mind and body are interlinked and affect each other

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