

# Practical NLP: How To Use NLP Principles To Improve Your Life And Work, Even If You're Not NLP Trained By Andy Smith

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Jan 13, 2015 Andy Smith is an Emotional Intelligence consultant, NLP trainer and A few years after that he attended an Appreciative Inquiry training led by because with AI, we focus on what works and what is a positive life force. If you're feeling miserable, it's not so easy to recall good times or . Improve your life

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Andy Smith is an NLP trainer and emotional intelligence coach based in to use NLP principles to improve your life and work, even if you're not NLP trained

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You could think of Neuro-Linguistic Programming (NLP) as an owner's manual for the human brain. Find out more about NLP at the Practical NLP Podcast site , where you can also download a free Do you want to know how you can use the principles of NLP to improve your life and work - even if you're not NLP- trained?

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