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L'énergie, clé de l'excellence humaine ; la maîtrise de l'esprit et du corps ; la magie de la sympathie ; la fin des résistances ; les points d'ancrage de la réussite ; le pouvoir de persuasion... Telles sont les grandes lignes de cet ouvrage best-seller d'Anthony Robbins qui met en évidence les effets extraordinaires des techniques enseignées par la PNL (programmation neuro-linguistique).

Grâce à ces techniques, nous pouvons mieux tirer parti de ces pouvoirs illimités qui sont en nous et que nous ne soupçonnons pas. Ce livre, très pratique et très accessible, décompose les éléments, les stratégies et les techniques de la PNL, et nous ouvre la possibilité de comprendre nos propres fonctionnements, ceux des autres, pour tirer le meilleur de nous-mêmes.

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