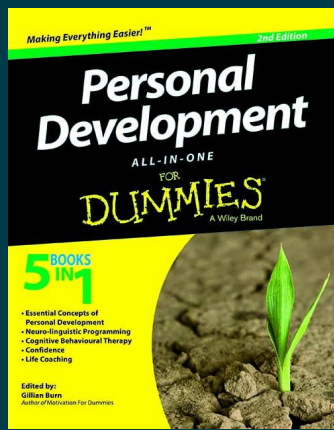


**WILEY**



# Personal Development All-In-One for Dummies, 2ed

By Gillian Burn

**Paperback**

ISBN: 9788126544981

Publication: [ NOT PROVIDED ] *publication\_date*

Page Count: 624 pages

**₹529.00**

## • Description

NULL

## • About the Author

### Gillian Burn

Gillian Burn is a consultant and specialist in health initiatives for major organisations with over 25 years experience in health. She is the founder and Principal of Health Circles Ltd

## • Table of Contents

Introduction

Book I: Essential Concepts of Personal Development

Chapter 1: Exploring the Key Themes of NLP

Chapter 2: Understanding Cognitive Behavioural Therapy

Chapter 3: Examining Confidence

Chapter 4: Introducing Life Coaching

Book II: Neuro-linguistic Programming

Chapter 1: Taking Charge of Your Life

Chapter 2: Creating Rapport

Chapter 3: Getting to the Heart of the Matter: The Meta Model

Chapter 4: Seeing, Hearing and Feeling Your Way to Better Communication

Chapter 5: Opening the Toolkit

Chapter 6: Understanding the Psychology Behind Your Habits and Behaviours

Book III: Cognitive Behavioural Therapy

Chapter 1: Correcting Your Thinking

Chapter 2: Overcoming Obstacles to Progress

Chapter 3: Putting CBT into Action

Chapter 4: Taking a Fresh Look at Your Past

Chapter 5: Setting Your Sights on Goals

Book IV: Confidence

Chapter 1: Identifying Your Sticking Points

Chapter 2: Building Your Confident Self

Chapter 3: Developing Your Emotional and Physical Confidence

Chapter 4: Acting with Confidence in Your Daily Life

Chapter 5: Engaging Others

Book V: Life Coaching

Chapter 1: Introducing Your Coaching Journey

Chapter 2: Visualising Your Whole-Life Goals

Chapter 3: Becoming Your Best Self

Chapter 4: Focusing on the Elements of Your Life

---

**To purchase this product, please visit:**

<https://wiley.indiafin.com/personal-development-all-in-one-for-dummies-2ed.html>



Scan to buy