

Dealing With Trauma &  
Phobias Using NLP

**Anthony Beardsell**



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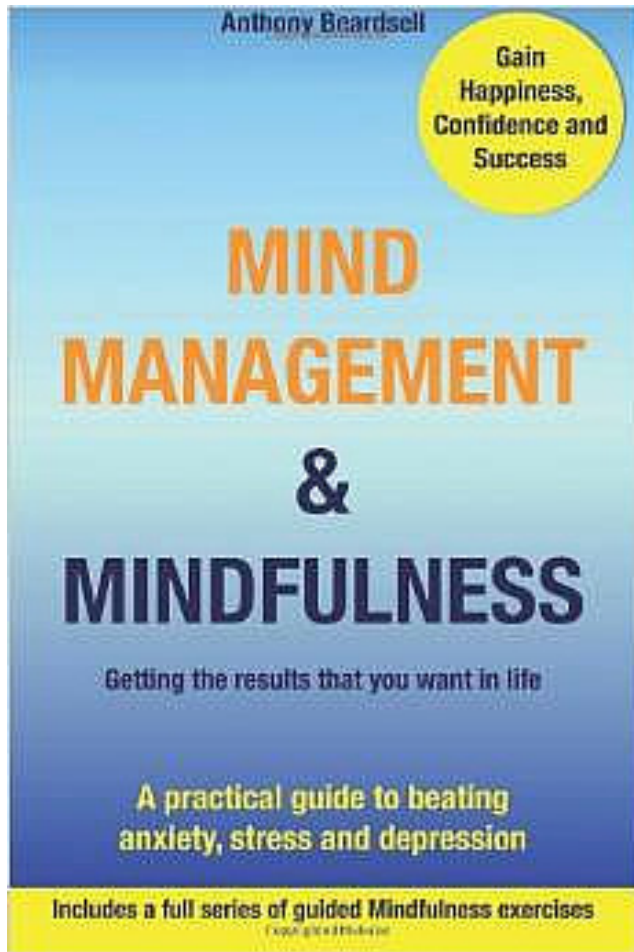
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# Reading

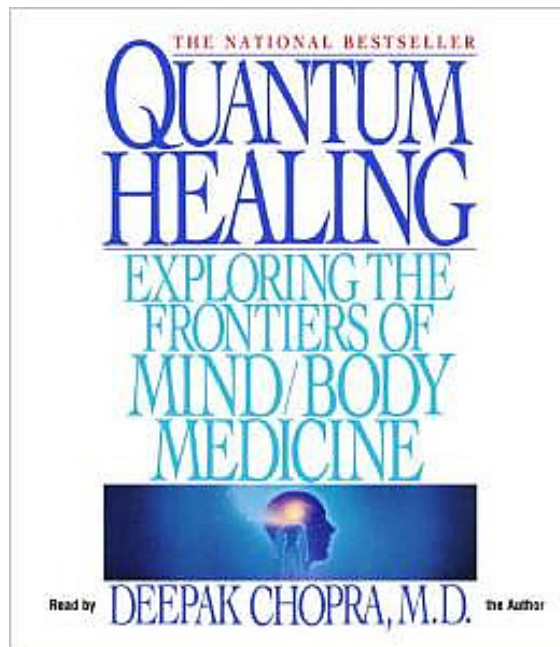


## Anthony Beardsell's book...

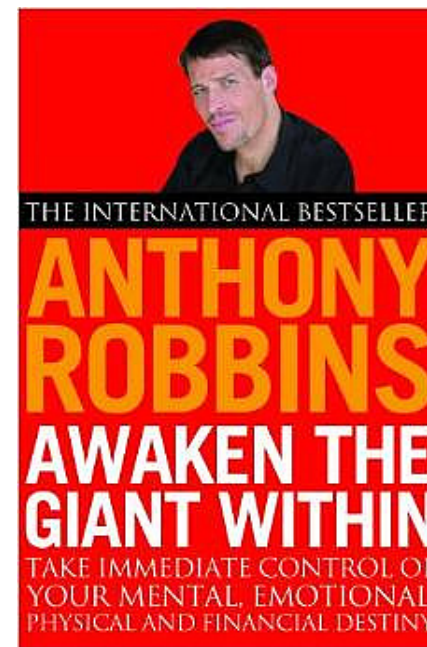
Getting the results that you want in life. Mind Management and Mindfulness provides you with a powerful yet simple set of tools so that you can: • Manage stress • Improve your happiness • Become more confident • Manage your emotions • Improve your levels of success • Become healthier • Get rid of unwanted habits • Get the results that you want in life

Leading coach, Anthony Beardsell explains how you create your version of reality and your behaviours using the great power of your mind. Get to know yourself, your thoughts and your inner saboteur like never before. Use the mind management and Mindfulness techniques shared with you to change the way that you manage your thoughts and emotions, get control over your life and become the person that you would like to be. \*\*\*Includes a full set of guided Mindfulness exercises\*\*\* A practical guide to beating anxiety, stress and depression. Get your life the way that you want it.

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# Upcoming Events with Anthony Beardsell

## **NLP For Weight Loss & Obesity**

March 25th 2015

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## **Using NLP For Confidence & Assertiveness**

April 20th 2015

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