

Neuro-Linguistic Programming

NLP



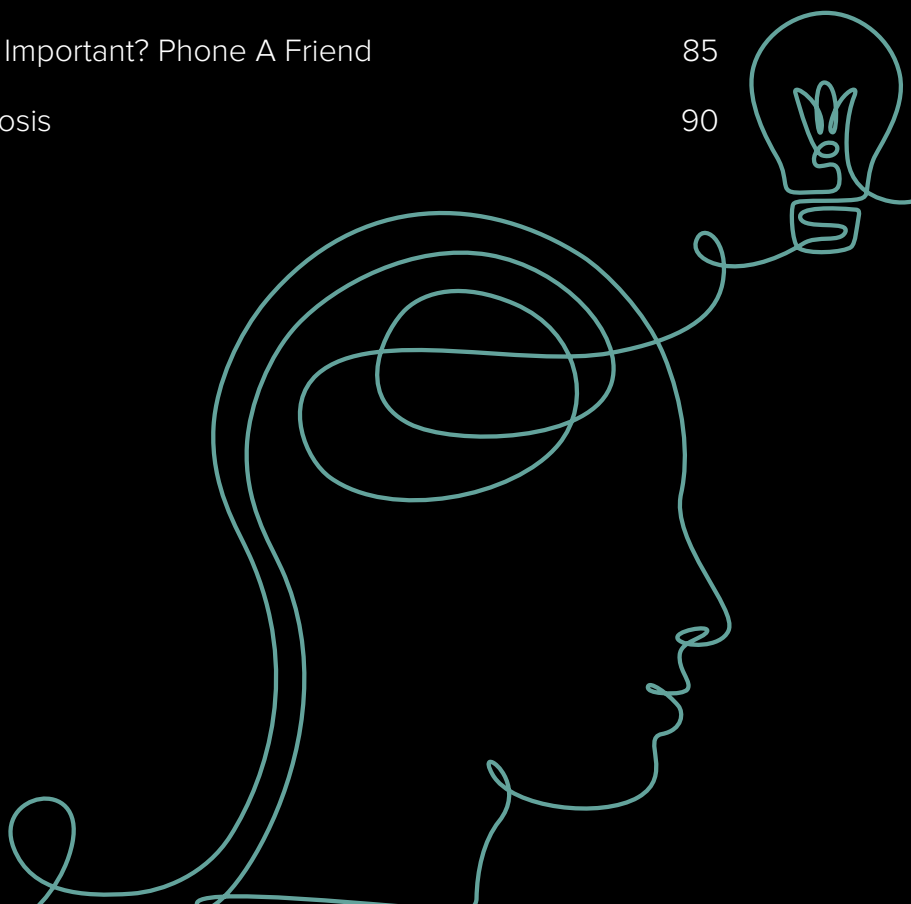
wisemind.com
BRILLIANT MENTAL HEALTH

Dr. Stephen Simpson
Workbook



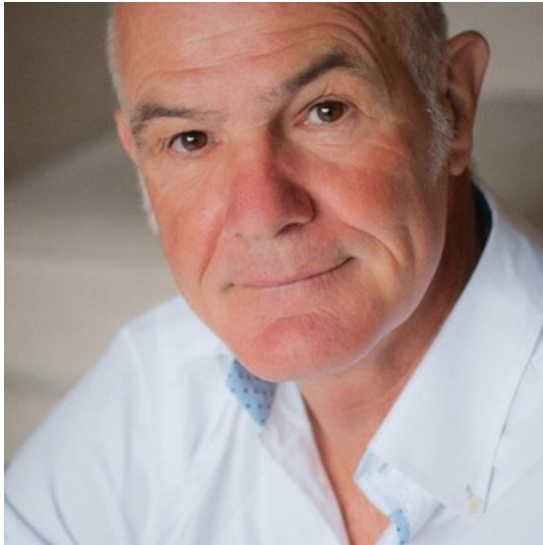
Index

Biography	3
Lesson One: What Is NLP and What's In It For Me?	4
Lesson Two: The Unconscious Mind Vs. The Ego	9
Lesson Three: Humanity's Greatest Mistake...	18
Lesson Four: The Power Of Words	24
Lesson Five: The Difference Between Reality And Illusion	33
Lesson Six: Eyes To The Left - Eyes To The Right	40
Lesson Seven: How To Turn On Your Confidence Button	44
Lesson Eight: See The Big Picture	49
Lesson Nine: Direct The Blockbuster Movie Of Your Life	54
Lesson Ten: The Importance Of Skilful Handling Of Your Past, Present, And Future	60
Lesson Eleven: Anchor Yourself in a Safe Place	66
Lesson Twelve: Talk Nicely to Yourself and Connect to Intuition	70
Lesson Thirteen: Live in Peace with Your Inner Diamond	79
Lesson Fourteen: Need Something Important? Phone A Friend	85
Lesson Fifteen: The Power of Hypnosis	90





Biography



Dr. Stephen Simpson (MB CHB MFOM MBA) is an internationally acclaimed mind coach, hypnotherapist, presenter, TEDx speaker, bestselling author, business consultant, thought leader in the connections between artificial intelligence (AI) and under-used human intelligence, and is also a Fellow of the Royal Society of Medicine.

As an inspirational speaker Dr. Simpson has delighted audiences of many thousands in Europe, The Americas, Africa, and Asia.

Additionally, Dr. Simpson works as a Mind Coach on both the PGA European Golf and World Poker Tours, helping star performers find their zone, perform in flow, and gain the winning edge.

Much of Dr. Simpson's work centres on the principles of neuro linguistic programming (NLP), meditation, heartmath, his reptile relaxation technique, bioresonance and other energy therapies, and leans heavily on the application to real life of the transformational Jungian concepts of synchronicity and the collective unconscious.

In addition to this unique training, Dr. Simpson has been a practicing physician for nearly 40 years, and a Fellow of the Royal Society of Medicine. He holds an MBA from Brunel University and has appeared on the same speaker billings as some of the top names in mind coaching and hypnotherapy, including Paul McKenna, Richard Bandler and Dr. Ron Ruden.

Dr Stephen served as a task force member on both the World Economic Forum and Global Business Coalition. He worked alongside some of the world's leading change agents, including President Bill Clinton, Microsoft founder Bill Gates, Secretary-General of the United Nations Kofi Annan and Virgin founder Sir Richard Branson.



Lesson One:

What Is NLP and What's In It For Me?

The Good, The Bad, And The Ugly

Starting from the beginning

All journeys start with a beginning. My NLP adventure started at Gatwick Airport just as I was about to board a flight to Brazil. At the last moment I remembered that I had forgotten to pack a book to read. I rushed to the bookshop and grabbed the nearest book which was 'I can change your life in seven days' by Paul McKenna. Little did I know that Paul would become a close friend, even less did I know that in less than seven days this book would change my life.

Within a matter of weeks I was attending my first NLP course with Paul and Richard Bandler, the co-creator of NLP. It was certainly very different to any of the many other courses I had attended as a medical doctor, and after three days I wondered whether I had wasted my time and my money. On the third night of the course I woke up in bed crying my eyes out, which I can assure you had never happened before or since in my adult life, apart from in laughter. I had these terrible images of some of the dreadful things I had seen and experienced in Africa in the war zones. Of course I didn't mention this to anybody but the next day my mood was much lighter and I remember laughing uncontrollably at several times during the day. I also knew that I was now fascinated by NLP and wanted to learn a lot more, much more. In less than two years I was a Master Practitioner and Trainer. I was also a hand-picked member of the Bandler and McKenna NLP training team.

One night I was in the bar with the other trainers who were a lot more experienced than me and felt brave enough to tell them about my tearful experience. They all laughed and said 'Steve, you're a slow learner! This is very typical in delegates after about three days, which is why we call it Weepy Wednesday'. In psychological jargon my emotional reaction was an abreaction and as a result I had let go of an awful lot of baggage. It cannot be a coincidence that 18 months after my first NLP course I walked away from a job with a huge salary, lots of perks, and first class or business class travel all over the world. I must have been crazy, and perhaps I was, but I was also happier in my new role than ever before.



THIS IS A PREVIEW OF THE NLP WORKBOOK

wisemind.com members can access the full workbook. **Try our 7 day FREE trial.**

