



# **Come migliorare la tua autostima con la PNL (Italian Edition)**

*Rolando Tavolieri*

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Lo Scopo di questo libro è quello di aiutarti a migliorare la tua autostima, la sicurezza e la fiducia che riponi in te stessa/o attraverso delle tecniche pratiche di Pnl (programmazione neuro linguistica) che tutti possono adottare facilmente sin da subito.

Questo è un libro concreto, quindi dopo averlo letto, metti subito in Pratica le tecniche ed i metodi descritti, migliorerai te stessa/o, la tua vita e le relazioni con gli altri e potrai aiutare le persone che soffrono di bassa autostima e di insicurezza.



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