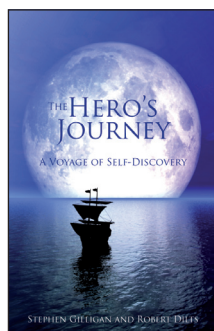


# Judith Lowe Reviews

Judith Lowe is an NLP Trainer with PPD Learning Ltd, an NLP Institute in London, established in the late 80's, with an international reputation for high standards and innovation.  
www.ppdlearning.co.uk

*Here are some more great books which have given me pleasure, provoked and inspired me, made me laugh, made me cry etc. and which I hope you will find intriguing or useful or amazing enough to order straightaway from wonderful Anglo-American Books!*

*All of them are the kind of books we could be reading and writing more in the field of NLP, expanding our connections to the bigger world, and helping us be more visible and impactful in making our unique, positive contribution.*

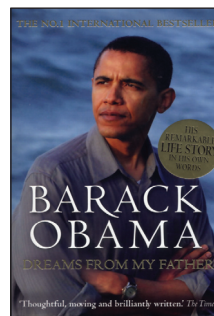


## The Hero's Journey: A Journey of Self Discovery Stephen Gilligan & Robert Dilts

In my opinion, this is a 'breakthrough' piece of work in the whole worldwide field of personal development. Based on Joseph Campbell's idea that there's an essential adventure to people's lives who respond to their 'calling', Robert Dilts and Steve Gilligan have collaborated to create a superb workshop – here in vivid transcript – to provide the tools and support along the way. And it's an incredibly rich, brilliantly organised and integrated workshop, with approaches

from NLP, Ericksonian Hypnosis, Aikido, Buddhism, Five Rhythms dancing and more. There are poems, stories, live demonstrations, group exercises and activities all woven around a kind of central theme of awakening and becoming more present in your life. This book is a truly outstanding achievement, bringing together some of the lifetimes' work of two of the very greatest teachers and innovators in our field. It deserves to be widely read and deeply appreciated.

**Hardback 288 pages £20.00 516015**

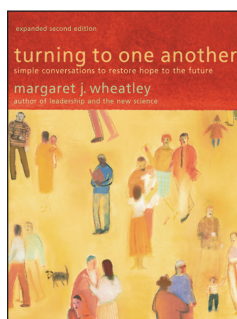


## Dreams From My Father Barack Obama

This is the President's youthful memoir and it's a most touching, revelatory and inspiring true-life 'hero's journey'. Born in Hawaii to a young, idealistic

white American mother and an intellectual, political black Kenyan father who left them when he was little, Barack Obama's story is a study of the roots of a new kind of leadership and world vision for our culturally diverse and conflicted times. Full of self-doubt, and troubled by his identity as a young, black man of mixed heritage, he describes a life in shifting family structures, across different continents, and his search for meaning and integrity as a grown man. His mother tells him "If you want to grow up into a human being you're going to need some values." This truthful, beautifully written book is about the values that make a difference – social justice, fairness, honesty – and a young man's commitment to a life which embodies them.

**Paperback 442 pages £8.99 516105**



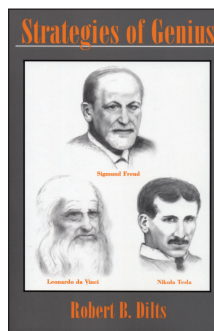
## Turning to One Another: Simple Conversations to Restore Hope to the Future Margaret Wheatley

Margaret Wheatley is perhaps better known as an international management consultant and for her work on leadership and organisational behaviour in

which she explores the influence of new paradigms from science – complexity and chaos theory and self-organising systems in nature.

In this very simple and beautiful book she invites people to come together and discover the deeper conversations and connections that could save our planet and create more peaceful and harmonious ways of living. She believes we can develop the kind of listening and attention to slow down, to tell the truth, to stay curious and acknowledge that we need each other. She says "People are the solution to the problems that confront us." and "Relationships are all there is." It's a practical handbook, for a new practice of meaningful and constructive exchange, for people who want to make a difference and don't know where to start. It's also a source of inspiration and encouragement, to engage positively with our own future, and fully participate in shaping it.

**Paperback 192 pages £12.99 516108**



## Strategies of Genius Vol 3: Freud, Leonardo, Tesla Robert Dilts

A much earlier book by Robert Dilts, and one of my personal favourites, is the third in the 'Strategies of Genius' series in which he uses the tools of NLP to analyse the work and writing of Freud.

Reflecting on Freudian constructs like 'transference', 'hysteria', 'neurosis', etc from an NLP perspective, he uses classic NLP change models like the 'meta-model', 'change personal history', 're-imprinting', 'resolving conflicting beliefs' and more, to enrich the descriptions of both Freud and NLP, and to build meaningful connections between them. If you're interested in Freud's 'talking cure', in the deeper structure of NLP and modern psychotherapeutic methods in general, then you'll enjoy this volume immensely – and also get some insight into Robert's own fascinating meta-modelling project; to make explicit the cognitive patterns of some of the world's great geniuses. There are also shorter chapters on Leonardo, with a strategy for seeing and drawing, and one on Tesla with a strategy for visualising the future. There's even a short piece of Dilts on Freud, on Leonardo, and on Michelangelo – an absolute treat!

**Paperback 402 pages £26.99 23179**

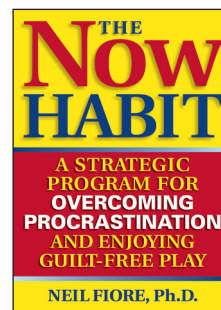


## When Things Fall Apart: Heart Advice for Difficult Times Pema Chödrön

Pema Chödrön is a wonderful, wise nun, whose books and tapes are loved for her personal warmth, humour and down-

to-earth stories. She's one of the teachers who has brought Tibetan Buddhism to the west and helped to create a bridge from these ancient, subtle teachings to what we know in modern psychology about consciousness and change. This tiny book is one of my favourites and focuses on heartbreak and suffering and the cultivation of kindness and curiosity in the face of pain, loneliness and chaos. It's also a guide to meditation and to the key concepts of her practice with the idea of changing our habits, especially our fixed and rigid habits of mind. Can we relate to our circumstances with bitterness or with openness? Can we look fear in the eye – 'the trick is to keep exploring and not bail out' – and find our courage and our love?

**Paperback 208 pages £8.99 516079**



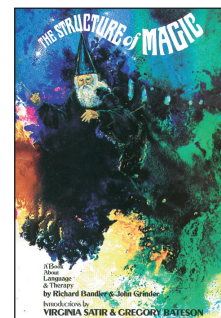
## The Now Habit: A Strategic Program for Overcoming Procrastination and Enjoying Guilt-Free Play

**Neil Fiore PhD**

You can think about this excellent book in several different ways – as a time-management guide, as a kind of flow-state manual, as therapeutic self-help for anxiety and stress, or as a way to just rethink how you're using your mind and your energy when it comes to tackling work and a big to-do list. Fiore's approach is very NLP compatible; he

sees procrastination both as a symptom and as an attempted solution to deal with boredom or overwhelm. He works with emotional state, with internal dialogue (especially with 'shoulds', 'oughts' and 'can'ts') and with re-training attention to focus more on pleasure and play. It's a kindly book and not the usual, mechanistic 'pull yourself together' approach which tends to lead to people labelling themselves as lazy and worse. He cheerfully has what he calls 'a positive view of the human spirit' and his tools like the 'Unschedule' and the 'In the Zone' exercises are designed to support and encourage and to create momentum and personal miracles.

**Paperback 224 pages £10.99 516081**



## Structure of Magic Volume 1: A Book About Language and Therapy

**Richard Bandler & John Grinder**

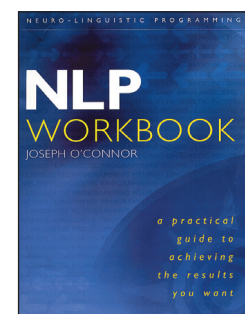
*'The Tao that can be told is not the Eternal Tao. The name that can be named is not the eternal Name.'*

I have come, over the years, to regard the Meta-Model as a form of Zen – the 'Way of the Meta-Model.' This extraordinary book is how the field of NLP began, from the modelling of Perls and Satir (the book is dedicated to Satir who writes of her own 'excitement, amazement

and thrill') and the use of Transformational Grammar to create a tool from linguistics, praised by Bateson and described by Bandler and Grinder simply as a 'meta-model for therapy'. Later, John Grinder has described it as 'the first syntactically based language model for an express purpose ever created ... in which clients are literally forced to expand and/or revise the mental maps that contain the traps, flaws and limitations that prevent them from shifting to more effective and congruent behaviour.'

Brilliant and paradigm-shifting, it's astonishing that the Meta-Model isn't more widely known outside of NLP. This book has transcripts of conversational change and – be warned – syntax trees which I admit I have not studied deeply! The Meta-Model re-connects you to sensory experience and takes you back into the flow of life... 'free from desire, you realise the mystery.'

**Paperback 225 pages £18.99 110**



## NLP Workbook: A Practical Guide to Achieving the Results You Want Joseph O'Connor

I recommend this book to anyone wanting to start on their journey of NLP. It's one of Joseph O'Connor's absolute, best-seller classics, written in his impeccably clear and accessible style. It's a thorough, totally user-friendly guidebook to NLP with all the key models brought to life with stories, examples and self-help homeworks.

I believe it was based on his company's original Practitioner Manual and it certainly gives you a sense of the scope and range of what a full Practitioner programme should offer – and just how much practice and experience is required to integrate such a diverse skill set and know-how.

It's a very popular book with our students and gets positive reviews year on year. If you're interested to know more about NLP as a beginner, or refresh and deepen your NLP as a Practitioner, then you will really enjoy this elegant and subtle workbook.

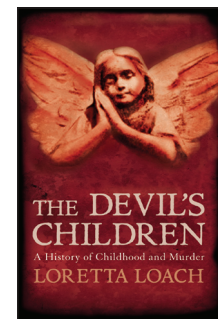
**Paperback 294 pages £15.99 15205**



## The Rainbow Machine: Tales From a Neurolinguist's Journal Andrew T. Austin

This is a collection of highly entertaining stories about actually using NLP out in the world, sharing adventures of learning and change with troubled people, and helping them to solve their problems. Andrew Austin is very playful as well as heartfelt, and sometimes extremely provocative in his approach, being willing to try 'what works' and see what happens. Some of his clients exhibit quite florid symptoms which have psycho-messiah labels – schizophrenia, narcissism, even 'involutional melancholia' and messiah complexes. Some of his own labels – 'batshit crazy' – are perhaps more evocative. He also describes helping people with obsessions, compulsions, bed-wetting and hearing voices – including a man wearing a tinfoil helmet to protect himself from the thoughts of aliens. His work as a neuro-surgery nurse has given him the rich experience and expert knowledge to support his excellent skills in Hypnosis and NLP. His solutions, though often unusual and maverick, are always finely tuned for the individual, while the background intellectual and clinical basis for them, from Bateson, Erickson, Bandler, Grinder and others, is robust and profound. It's a remarkable and rare example of NLP as therapy with real examples and results.

**Paperback 210 pages £14.99 22916**

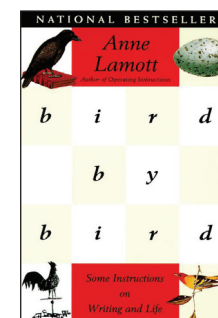


## The Devil's Children: A History of Childhood and Murder Loretta Loach

This is the extraordinary history of how children, who have tragically killed other children, are literally demonised – they are the 'devil's children' – in the popular imagination and press. Our horrified, complex adult responses to these extreme and rare crimes, including that of the two young boys who killed James Bulger, are explored and given context by similar stories and reactions from the past. It's a vivid and insightful history of childhood and the idea of children's innocence. It tackles the taboo

issue of children and violence, as played out through the courts, the church, the developing field of child psychology and in our current social and political ideas. Hopefully this book can contribute to our understanding and more sensitive handling of these damaged, fragile children and the horrific crimes they've committed. A dramatic, passionate, essential read for every teacher, social worker, therapist, judge and editor of national newspapers.

**Hardback 336 pages £14.99 516078**



## Bird by Bird: Some Instructions on Writing and Life Anne Lamott

It's hard to describe just how funny, warm-hearted and sharp Anne Lamott's advice about the actual process of writing is. She encourages her students 'to sit there long enough for something to happen' and, on the good days, to enjoy the effortless flow of words – and on the bad days, to deal with the craziness, frustration, boredom and delusional thoughts about publishing, fame and failure. She's a passionate and inspiring teacher and covers all the basic technical issues like plot and character, point of view and first drafts. She also really understands what it is like to stare at a blank piece of paper, to be pole-axed by discouraging criticism, to be shamefully jealous of others, and to have joyfully spent the advance, only to be asked for massive rewrites by the publisher. On a broader theme it's a book about creativity, the inner life of an artist, and the journey of personal growth involved in expanding and expressing our sense of life – "It's like singing on a boat during a terrible storm at sea." She's a wonderful, neurotic, honest, hilarious companion who loves reading, loves books and writers, and will make you laugh, fill your spirit and get you going.

**Paperback 272 pages £12.99 516080**