

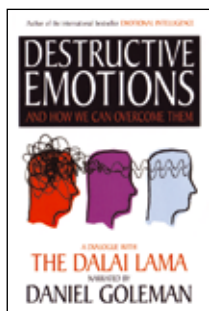
Judith Lowe Reviews

I've always loved books and have ongoing stacks, dripping onto the floor, with subjects across the many domains of my interests. Umberto Eco in The Name of The Rose says that books 'whisper to each other'. I love that sense of the generative, living process of reading and how certain books, or combinations of books, can live inside of you, resonating, asking their questions and bringing their life into yours.

In the 80's I used to trek up to Kilburn to 'Changes' - the original and only NLP bookshop - and of course now

I am a devotee of wonderful Anglo-American Books who stock all the key books of our field, promote and publish new authors and generally support and encourage us all to deepen our knowledge and expand our horizons. Their range and their service are outstanding - always friendly and helpful - and their positive contribution to the development of NLP in the UK is hugely appreciated. I hope you enjoy this personal selection from their shelves.

Judith Lowe. PPD Learning Ltd



Destructive Emotions And How We Can Overcome Them:

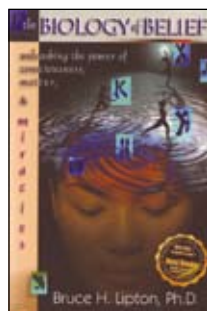
A Dialogue with The Dalai Lama

Narrated by Daniel Goleman

I've read lots of books on Positive Psychology, happiness, optimism, flow and emotional and social Intelligence – and this is one of my favourites. It's from a 'Mind and Life' symposium with the Dalai Lama, Daniel Goleman (EQ) Francisco Varela (Embodied Consciousness) Paul Eckman (facial expression of emotion) and many other neuro-scientists, meditators, psychologists and

philosophers. Self-awareness and the power of compassion for self and others are discussed in the context of diffusing anger, fear and anxiety. I only wish we had an NLP'er there to share what we can actually do with states, sponsorship and change – and participate in these larger world forums for human evolution and peace.

Paperback 432 pages £7.99 21661



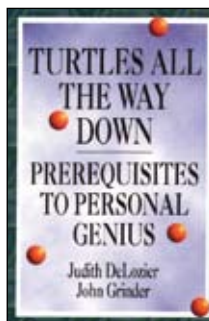
The Biology of Belief: Unleashing the Power of Consciousness, Matter and Miracles

Bruce H Lipton PhD

This is part of the new biology, the science of epigenetics that intrigued Bateson as he speculated about form and information in living systems. Bruce Lipton has spent his career as a cell biologist and this is partly a personal story of how he realized that much of what he was teaching to medical students as standard truth didn't actually conform to his own experimental findings. In fact it turns

out that we are not at all prisoners of our genetics – as the Human Genome project implies – much more dynamic and systemic processes are at work, subtly influencing our health and structure. It's a pioneering, radical book which makes a case for thoughts and beliefs as keys to creating change at the cellular level. There's a great audio version too – he's a fast talking New Yorker and his passion and enthusiasm really comes through.

Hardback 224 pages £19.99 20838



Turtles All the Way Down

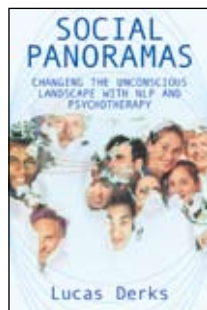
Prerequisites to Personal Genius

Judith DeLozier & John Grinder

This is an extraordinary account of a five-day workshop with John Grinder and Judith DeLozier in the mid 80's – introducing the New Code – and it's packed with stories and wild activities! It points the way towards what I think are some of the deeper possibilities core to NLP – that we can lead lives that are wise and ecological and develop the kinds of skills, relationships and communities to create a new consciousness in our out-of-balance, Western technological societies. There's

really nothing else like this in the NLP literature – asking questions about epistemology, culture and a viable human future – with a lively, interactive group experimenting with some pretty radical ideas and exercises.

Paperback 402 pages £19.99 145



Social Panoramas: Changing the Unconscious Landscape with NLP and Psychotherapy

Lucas Derks

How do you think of humanity? How do you experience your loved ones? Lucas Derks takes you on a fascinating journey into your inner mental space where we create, largely unconsciously, our subjective maps of our social reality. He is a professional social psychologist and this is an innovative and user-friendly model in applied NLP.

Social Panorama modelling allows you to explore all kinds of relationships – your family, your partnership, teams and organisations – as well as social structures like race, class and religion, inequality, authority and power. The last time I saw him he asked the group "Where is Osama Bin Laden?" and we all pointed out into our inner worlds... and laughed!

Paperback 408 pages £18.99 17193

Encyclopedia of Systemic NLP

In case you didn't already know, this incredible magnum opus is free online at <http://nlpuniversitypress.com> and you can look up everything you ever wanted to know about NLP – well, almost!



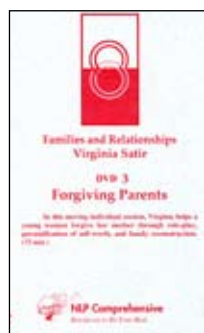
The Stuff of Thought: Language as a Window into Human Nature

Steven Pinker

You might need to be a bit of a noun and verb geek to really love this book! I'm not a huge fan of evolutionary psychology, mainly on gender and culture issues – however these discussions and lists of similar-type structures point to essential cognitive processes and distinctions which relate more to brain development and basic human patterns of thought. For those of us working in precise and focused ways with language and its impact on people's experience and 'maps' it's

fascinating stuff indeed, and much enlivened by Pinker's usual wit and style.

Paperback 512 pages £9.99 23209 – Due June
(Hardback available now at £25.00 22928)



Forgiving Parents

Virginia Satir

This is a terrific opportunity to see one of three original geniuses modelled by Bandler and Grinder. It's a session led by Satir in which a young woman, in real time, in a dynamic, group constellation process, comes to understand and forgive her parents. There's even a follow up interview where its clear the change is real and deeply integrated. I've also chosen it because, uniquely, there's also an extremely interesting annotated transcript by Steve Andreas. You can appreciate just how inspirational Virginia Satir's work was for the development of NLP e.g. 6 Step Reframing,

Perceptual Positions etc are virtually staring you in the face!

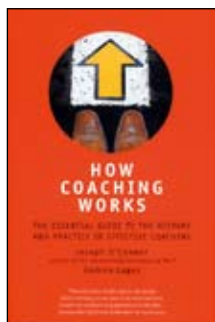
Single DVD £20.00 23219

Virginia Satir: The Patterns of her Magic

Steve Andreas

The annotated transcript from the *Forgiving Parents* DVD.

Paperback 180 pages £13.99 177



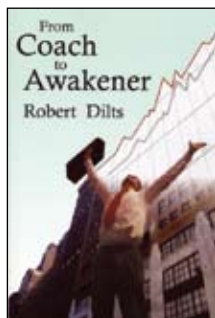
How Coaching Works: The Essential Guide to the History and Practice of Effective Coaching

Joseph O'Connor & Andrea Lages

Their previous book on coaching 'How to be a Master Coach – Coaching with NLP' is superbly clear and practical. This one will simply become one of the leading works on the whole subject of coaching – exploring the history, key methodologies, measuring results and comparing different approaches with case studies. This is a really excellent, thorough guide with many insights and practical tools and tips. And it does what it says on

the cover – you really learn a lot about the practice and principles of effective coaching.

Paperback 275 pages £12.99 22694



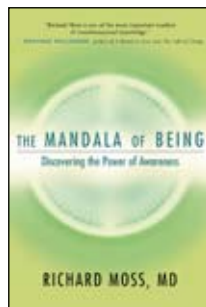
Coach to Awakener

Robert Dilts

Robert Dilts' 'Neuro' Logical Levels model, inspired by Bateson's Levels of Learning, is in widespread use throughout the NLP universe and, in some quarters, is even quite controversial. This book elaborates on the different kinds of tools, techniques and coaching relationships at every level and in doing so allows the richness of the model to emerge and the multilevel scope of NLP to be described. An essential and inspiring read for those interested in the development of the field and a wise and practical guide. Robert Dilts is simply one of our most

innovative and generative developers.

Paperback 370 pages £27.99 17340



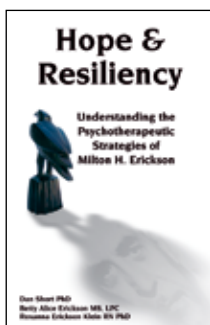
The Mandala of Being: Discovering the Power of Awareness

Richard Moss MD

There are only four places our attention goes when we leave the now – the future, the past, thoughts about ourselves and thoughts about others and objects. This is a wonderfully practical book with a clear, basic diagram and step-by-step exercises of just how not to waste energy on re-telling the same old stories and generating habitually unproductive thoughts and feelings – but come gracefully fully present with 'radical aliveness'. Richard Moss is

one of the more grounded new age type, spiritual explorers and his focus on being alive, spontaneous and resourceful in the present works well with NLP 'stopping the world' states, the meta-modelling of internal dialogue and other approaches which develop awareness, presence and healing.

Paperback 320 pages £10.99 23208



Hope and Resiliency: Understanding the Psychotherapeutic Strategies of Milton H. Erickson

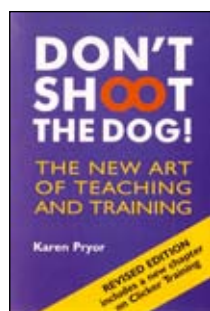
Dan Short PhD, Betty Alice Erickson MS LPC & Roxanna Erickson Klein RN PhD

This is an absorbing and enlightening account of Erickson's work by his family and students. It's full of stories and case histories and the underlying fundamental patterns and approaches of Erickson's approach are made both visible and accessible.

Even the title points you towards generative, deep intentions for therapeutic change. Erickson's work has been so influential in NLP and his emphasis

on the deeper wisdom of the unconscious, on relationship in healing, and on experiential learning is central to our own practice. This is recommended reading for all of us – definitely a book which brings Erickson's work to life and inspires us to be creative, kind and wise.

Hardback 288 pages £25.00 20207



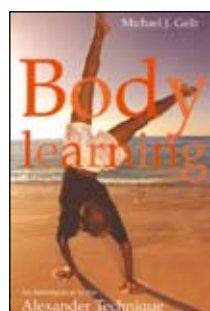
Don't Shoot the Dog: The New Art of Teaching and Training (Revised edition)

Karen Pryor

From the woman who trained Bateson's dolphins, a really entertaining and practical guide to the joys of positive reinforcement in learning and change. Housetrain yourself, your dog and your family by using the laws of shaping and appreciate just how powerful affection and non-verbal communication are – the 'dolphin' training game is a lot of fun too. You'll learn a lot about habits and addiction and you'll get

the cat off the kitchen table.

Paperback 220 pages £7.99 22511



Body Learning: An Introduction to the Alexander Technique

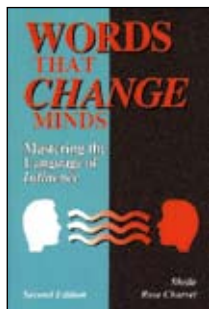
Michael J Gelb

I've been a committed Alexander Technique student for many years and for me it's a perfect companion with NLP. It supports my practice to update 'neuro-linguistic programmes', make fresh starts, and generally stay open to new experience. This is one of the classic expositions of learning and change through psychophysical means.

Paperback 192 pages £10.99 23205

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Judith Lowe Reviews continued



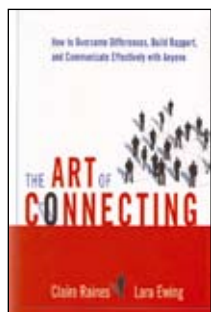
Words That Change Minds: (2nd Edition) Mastering The Language Of Influence

Shelle Rose Charvet

I take this into businesses and people love it and start using it immediately. Even without doing the full LAB profiling, the exercises encourage you to look and listen for language and behaviour patterns and help you communicate more effectively, sell, hire and problem-solve. It's packed full of Shelle's trademark intelligence, humour, impeccable organisation and telling examples – deservedly a best seller and a high

class ambassador for NLP in the business world.

Paperback 202 pages £16.99 7167



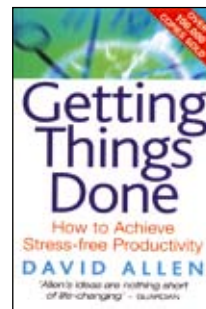
Art of Connecting: How to Overcome Differences, Build Rapport, and Communicate Effectively with Anyone

Claire Raynes & Lara Ewing

This new NLP inspired business book focuses on dealing with diversity and differences between people in the workplace – around age, race, gender, culture etc – and how to create rapport and effective communication when it seems impossible. There are lots of excellent real-life examples of people finding the common ground and positively building the bridges across worlds of difference. The stories are heartening

and the five core principles which emerge from the modelling are simple but not simplistic. Altogether a heart warming and necessary guide to genuine collaboration and constructively communicating outside of your comfort zone.

Hardback 240 pages £14.99 23206

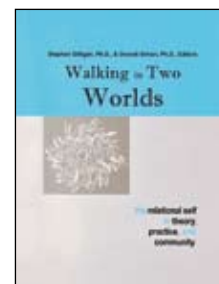


Getting Things Done: How to Achieve Stress-free Productivity

David Allen

This is the bible of what's called workflow management. In other words how do you get through everything that has to be done? It's a great system and has many cool fans – see Merlin Mann's site www.43folders.com – in which dealing with your in tray is compared GTD – wise to aikido – 'mind like water' – and you can eventually get around to downloading the podcast on procrastination! It's great for planning and project management, helping you chunk both down and up and just keep 'cranking the widgets'. And I bought the Brother labeler too, which changed my life and the lives of my files.

Paperback 282 pages £10.99 22251



Walking In Two Worlds: The Relational Self in Theory, Practice and Community

**Stephen Gilligan PhD
& Dvora Simon PhD, Editors**

This is a marvellous compendium of essays, thoughts, poems and case histories from the students and practitioners of Stephen Gilligan and his Self Relations work. There is a very thorough overview from Gilligan himself which introduces you to the key ideas of relationship, the somatic

mind, centring, sponsorship and the 'field'. The inner world of dreams and thoughts and the outer world of actions are bridged in both poetic and practical ways, opening up pathways of change and healing. It's wonderful to have such a rich and wide-ranging set of applications of this deeply generative approach.

Paperback 391 pages £31.99 18707