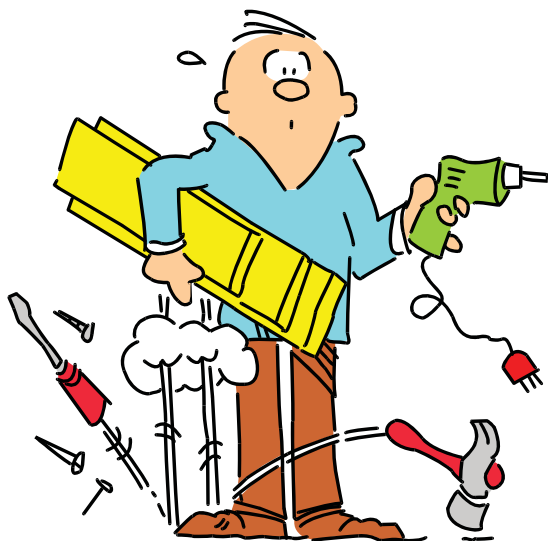


The Really Good Fun Cartoon Book of NLP



A SIMPLE AND GRAPHICAL) EXPLANATION
OF THE LIFE TOOLBOX THAT IS NLP

Philip Miller



Crown House Publishing Limited
www.crownhouse.co.uk - www.chpus.com

First published by

Crown House Publishing Ltd
Crown Buildings, Bancyfelin, Carmarthen, Wales, SA33 5ND, UK
www.crownhouse.co.uk

and

Crown House Publishing Company LLC
6 Trowbridge Drive, Suite 5, Bethel, CT 06801, USA
www.chpus.com

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British Library of Cataloguing-in-Publication Data

A catalogue entry for this book is available
from the British Library.

13-digit ISBN 978-184590115-8

LCCN 2008921437

Printed and bound in the UK by
Printer's name and address
Gomer Press, Llandysul

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The Really Good Fun Cartoon Book of NLP

A very brief introduction

I started studying NLP some six years ago. After the initial training, I wanted to learn more and read more about it. I bought a book and since then have added many more. On the whole, they're good, but I'm a simple soul and didn't like the use of jargon and lack of illustrations (I must be a visual person then, which just means I respond well to pictures).

This book is my attempt to get across, in a way that is simple, easy and fun, the really useful tools that are contained in the life toolbox that is NLP.

One last point, please don't treat the cartoons* too seriously. They're just meant to be fun and help get the points across. You might find some of them a bit zany! If you don't "get it", just smile anyway and move on!



PHIL MILLER, WARGRAVE, BERKSHIRE, 2008

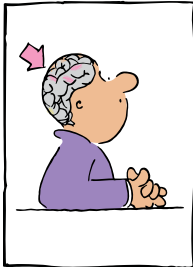
* Information about the cartoons, and notes on the text can be found on pages 138–149.

Chapter 1

An introduction to NLP

What a weird name!

Let's just get the name thing out of the way – NLP stands for *neuro linguistic programming*. Because that's a bit of a mouthful, we tend to use just the initials. And – yes, I know it's weird, and yes, I know it's funny (peculiar, not ha ha) – but that's the name. So how come?



NEURO

Concerns the brain and the things that go on in your mind. Also the rest of the neurological system, including the five senses.



LINGUISTIC

This relates to language, both spoken and non-spoken (sometimes called body language).



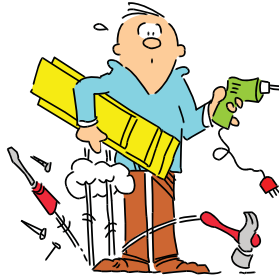
PROGRAMMING

This is about your behaviour and your thinking patterns.

From now on, we'll just stick to NLP!

What is it?

NLP is a collection of ideas and tools that can help you with your life. It can help you understand and cope with 21st century life more effectively.

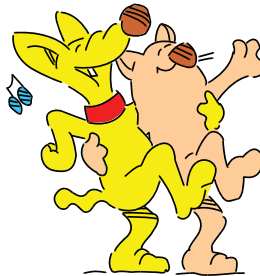


On the front cover I've called it the "life toolbox". What's in that toolbox? I think that there are two main compartments in the toolbox: firstly, tools that are for understanding yourself; and secondly, tools that help you understand other people. The purpose for using these tools would be to have more effective communication, better motivation for yourself and others, and a more positive frame of mind.

The four pillars of NLP

1. Rapport – or being on the same wavelength

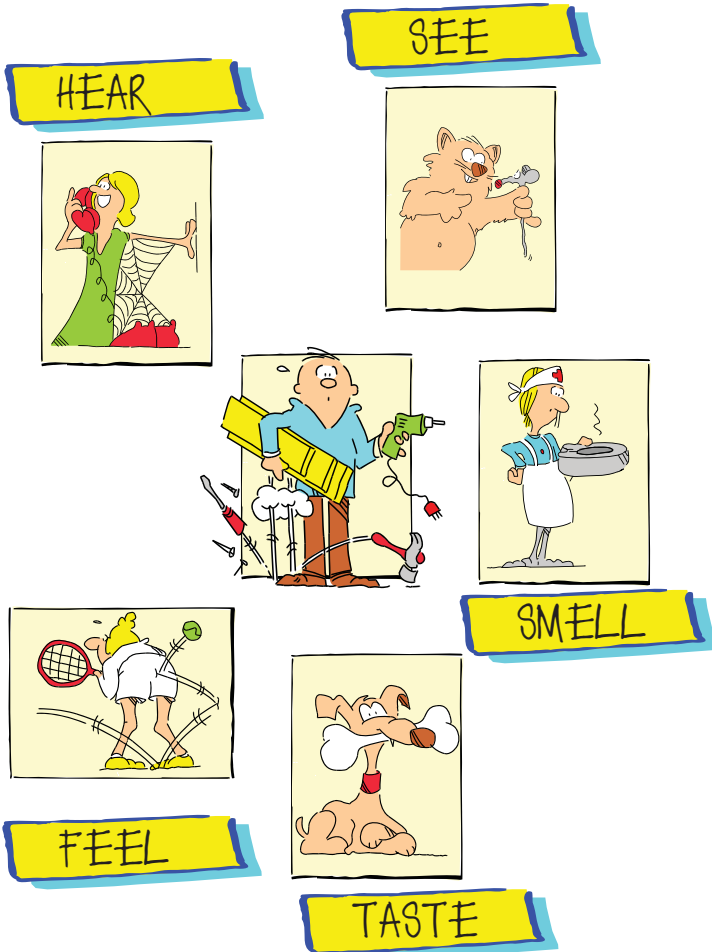
This is the cornerstone of NLP when you're involved with someone else. If you don't have rapport with someone, you can't communicate with them effectively. This is like the key that opens the lock in the front door of another person. (More on this in Chapter 7.)



It also means being in rapport with yourself – a challenging concept about being at one or being comfortable with yourself and with who you are, and who you want to become.

2. A sense of the senses

All the information that we use to make sense of and understand the world we live in comes to us through our five senses – what we see, hear, feel, smell and taste. How aware are we of these five streams of information coming into us all the time? (For more about this see Chapter 4.)



3. What do you want? (outcome thinking)

"Start with the end in mind." This is a really positive way of looking at things – thinking about what you do want and not focusing on what you don't want. (More on this in Chapter 15.)



4. Flexibility (in your behaviour)

It is okay to change your mind! One of the definitions of madness is to keep doing the same thing and expect a different result. If something's not working for you, do something different. This book is essentially about changing what you do so that you can get what you want!



Praise for The Really Good Fun Cartoon Book of NLP

"This book lives up to its name. It is clear and easy to read, and explains the key NLP principles in a fun way. The cartoons and stories enhance the messages giving you a greater understanding, and even a smile along the way."

GILLIAN BURN, DIRECTOR, HEALTH CIRCLES LTD, AUTHOR OF THE NLP POCKETBOOK AND THE ENERGY AND WELL-BEING POCKETBOOK

"A terrific little book for anyone curious to find out what the acronym 'NLP' is all about. The text is easy to read and the anecdotes and cartoons are a great way to re-enforce the learning. The NLP toolbox is broken into small, manageable steps that can be incorporated into everyday life to make living easier."

ROMILLA READY CO-AUTHOR OF
NEURO-LINGUISTIC PROGRAMMING FOR DUMMIES®

"I love this book. It is simple, fun, creative and above all an open door to everything that NLP seeks to represent in a way that just encourages you to want to learn more. And it is presented in a way that suits the learning style of a large part of the population - me included!"

SUE KNIGHT AUTHOR OF NLP AT WORK, INTERNATIONAL
NLP TRAINER AND COACH - WWW.SUEKNIGHT.COM

"Phil has written and illustrated a little gem in *The Really Good Fun Cartoon Book of NLP*. In less than 160 pages he has covered a huge amount of ground and, unlike a lot of NLP books, he has done this in jargon-free plain English and with lots of anecdotes and stories to bring the ideas to life. It's also easy on the eye. The prolific cartoons ensure that you're not faced with page after page of dull blocks of text.

A "cartoon book" it may be, and it's certainly well illustrated with cartoons, but it's no 'light-weight' – it's well written and the material is accessible to just about anyone.

Being a bit lazy, and to help me review it, I asked some of the participants on one of our recent NLP Practitioner Certification Courses to read the book and let me have their comments. Interestingly enough, all of the comments were positive. They said they would like to be able to give it to family and friends to give them a taster of what's included in a Practitioner Course – but they would also like to keep a copy for themselves to quickly refresh their knowledge from time to time!"

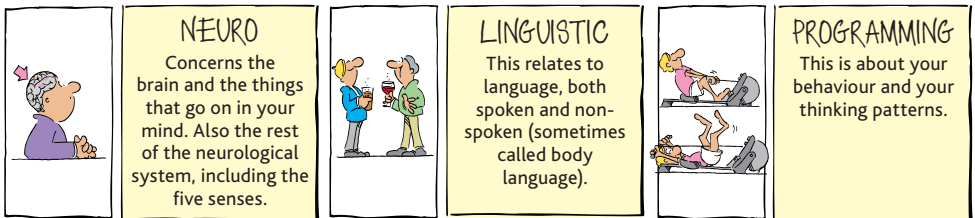
REG CONNOLLY, TRAINING DIRECTOR, PEGASUS NLP

"A terrific little book for anyone curious to find out what the acronym 'NLP' is all about."

Romilla Ready, Co-Author of *Neuro-linguistic Programming for Dummies*®

Traditionally the world of NLP training and literature has been full of technical sounding expressions, just think of the name - neuro linguistic programming. It takes a lot of persistence and effort to get through all this to access the real benefits that NLP can bring to people.

The Really Good Fun Cartoon Book of NLP seeks to cut through all this by using simple (non jargon) language and amusing illustrations to get across the principles of NLP and how people can think about using them in their everyday lives.



"This book lives up to its name. It is clear and easy to read, and explains the key NLP principles in a fun way. The cartoons and stories enhance the messages giving you a greater understanding, and even a smile along the way."

Gillian Burn, Health Consultant and Trainer, Author of *The NLP Pocketbook* and *The Energy and Well-Being Pocketbook*

"I love this book. It is simple, fun, creative and above all an open door to everything that NLP seeks to represent in a way that just encourages you to want to learn more. And it is presented in a way that suits the learning style of a large part of the population - me included!"

Sue Knight author of *NLP at Work* and International NLP Trainer and Coach - www.sueknight.com

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Reg Connolly, Training Director, Pegasus NLP

Philip Miller is a Master Practitioner and Certified Trainer of NLP, specialising in running training courses on the use of NLP in business. He is the Visiting Fellow of Small Business Development at Cranfield University School of Management and works as a tutor on the Business Growth Programme (BCP).

UK £9.99 US \$18.95

Self-help and Personal Development/Neuro Linguistic Programming (NLP)

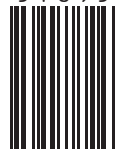


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ISBN 978-184590115-8



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