

Richard Bandler



Richard Bandler is one the most prolific contributor to the field of NLP. Among models and techniques that Bandler has co-developed are The Meta Model, The Milton Model, Anchoring, The Swish Pattern, Reframing, The Belief Change, Nesting loops, Chaining states, Submodality applications and Timelines. Bandler holds a BA (1973) in Philosophy and Psychology from the University of California, Santa Cruz (UCSC) and an MA (1975) in Psychology from Lone Mountain College in San Francisco.

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Publications

Non-Fiction

Publication Details Notes

**HOW TO TAKE
CHARGE OF YOUR
LIFE**

2014

HarperCollins

Richard Bandler, co-creator of NLP and the man who taught and trained Paul McKenna, joins forces with Alessio Roberti and Owen Fitzpatrick once again to give you the tools to change your life.

Richard Bandler – the world-renowned co-creator of NLP who has helped millions around the world change their lives for the better – has teamed up once again with Italian NLP Master Trainer Alessio and co-founder of the Irish Institute of NLP Owen, to offer a simple yet engaging introduction to the groundbreaking ideas of NLP.

Written in the form of a fable, How To Take Charge Of Your Life is the prequel to The Ultimate Introduction to NLP. Once again Bandler invites readers into his workshops and illustrates the theories and techniques he has spent years developing.

Based around a three-day introductory course, this book will give you the tools you need to start making an effective change today. From explaining the importance of self-belief and how to change beliefs, to how to control your emotions and negative thinking, and how to create the life you want. This is an easy-to-read and inspiring account that readers can turn to time and again.

‘The must have self-help book!’ Paul McKenna

**THE ULTIMATE
INTRODUCTION TO
NLP**

2013

HarperCollins

Richard Bandler, co-creator of NLP and the man who inspired Paul McKenna to greatness, collaborates with Alessio Roberti and Owen Fitzpatrick to reveal how to unleash your true potential and transform your life.

Richard Bandler – the world-renowned co-creator of NLP who has helped millions around the world change their lives for the better – has teamed up with Italian NLP Master Trainer Alessio and co-founder of the Irish Institute of NLP Owen, to craft a simple yet engaging story of one man’s personal change and discovery, to help readers understand the remarkable principles of NLP.

Inspiring and easy-to-read, this fable recreates the experience of being at a workshop with Bandler. Rather than explaining the theories, An Introduction to NLP illustrates the principles and simple techniques that Bandler has developed over the past 35 years in action.

This inspirational book gives you the tools to change your life, overcoming the things that are holding you back: your phobias, depression, habits, psychosomatic illnesses or learning disorders.

Through the simple techniques of NLP, you too can become a strong, happy, successful person and achieve your goals.

‘The must have self-help book!’ Paul McKenna

**Richard Bandler's
Guide to Trance-
Formation**

2010

Harper Collins

How to Harness the Power of Hypnosis to Ignite Effortless and Lasting Change

**Get The Life You
Want**

2009

Harper Collins

Foreword by Paul McKenna. The Secrets to Quick & Lasting Life Change. Whatever you want Richard Bandler, the man who taught Paul McKenna and inspired him to greatness, can help you get it. Full of simple, potent NLP exercises that will take you minutes to do but will make your life permanently better, this incredible book is a must for anybody who has ever wished for anything but not found a way to get it. Richard Bandler -- the world-renowned co-creator of NLP who has helped millions around the world change their lives for the better -- has written a simple and empowering book to help you get the life you want.

Conversations

2005

Mysterious

Publications

Drawing on NLP (Neuro-Linguistic Programming) and autobiographical events, this book offers self-help through conversations between authors.
