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examines the cogs inside the
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what drives human behaviour.
It focuses on how our
thoughts, actions, emotions,
and numerous other individual
characteristics work together
to affect how we conduct
ourselves.

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Neuro-linguistic programming
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Neuro Linguistic Programming (NLP) examines the cogs inside the machine that is the human mind; it helps us understand what drives human behaviour. It focuses on how our thoughts, actions, emotions, and numerous other individual characteristics work together to affect how we conduct ourselves.

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