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FOREWORD

by Paul McKenna

Years ago, a mobile phone was expensive to buy, difficult to use and the size of a small brick. Now there are phones that fit in the palm of your hand and you can not only use them to make calls but also to read e-mails, surf the net, and even watch TV.

In the same way, Richard Bandler's life work has transformed our understanding of the true capacity of the human mind. In my considered opinion, he is the greatest creative genius of personal change alive today.

As proof, you need look no further than Neuro-Linguistic Programming, the field he developed almost 40 years ago. Once on the fringes of conventional psychology, NLP is now studied, taught and practiced all over the planet.

For example, trained professional psychologists used to struggle to remove a patient's phobia over a 6 month period. Now, by simply applying the techniques Richard has developed, most phobias



Get the Life You Want

can be completely eliminated in less than an hour and smaller, day to day fears can be eradicated in minutes or even seconds.

Better still, Richard's 'psychological technology' can be used to eliminate a wide range of problems quickly and easily and help anyone on their way to greater happiness and well-being.

This book is a wonderful distillation of many of Richard's best techniques. You can use them to help solve your problems, no matter how overwhelming they may seem, and to unleash your true potential.

Over the years I have had the opportunity to witness Richard help tens of thousands of people transform their lives. Now, in this book, the real opportunity is yours.

As you will soon discover, whatever you are working on or dealing with, this book can help you get over it, get through it or get to it!

Paul McKenna