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# The Meta Model Demystified: Learn The Keys To Creating Powerful Conversational Change With NLP

THE META MODEL  
DEMYSTIFIED  
LEARN THE KEYS TO CREATING POWERFUL  
CONVERSATIONAL CHANGE WITH NLP



MATT CAULFIELD

NLPDEMYSTIFIED  
www.nlpdemystified.com



## Synopsis

Brand new, thoroughly revised and expanded 2nd edition - over 80 pages of new material! The Meta Model was the first model that led to NLP, it is the skeleton that the rest of the NLP Model hangs around. It is an incredibly powerful tool for consultants, trainers, coaches and therapists to radically improve their ability to create change in their clients. However, there have been very few attempts to clarify the Meta Model or frame it in a more useful and comprehensible manner, and many NLP books and trainings regurgitate the same old stuff from outdated and outmoded source material. The Meta Model Demystified thoroughly updates the language patterns and explains how to use the Meta Model to create seemingly magical change simply and easily. This expanded and completely revised 2nd edition includes:

- The key concepts that lead to the development of the Meta Model.
- A totally reconfigured explanation of the classic language patterns.
- Examples of using the Meta Model in various contexts.
- Sample questions.
- Hints and tips to master the Meta Model.

PLEASE NOTE: This book assumes a basic and general understanding of Neuro-linguistic Programming (NLP)

## Book Information

File Size: 482 KB

Print Length: 120 pages

Page Numbers Source ISBN: 149751732X

Publication Date: July 18, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008MZ5HAI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #697,592 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #295

in Books > Self-Help > Neuro-Linguistic Programming #645 in Kindle Store > Kindle eBooks >

Reference > Words, Language & Grammar > Linguistics #4669 in Books > Politics & Social

Sciences > Social Sciences > Linguistics

## Customer Reviews

I have hit road block after road attempting to learn NLP on my own and now I understand why. Matt has done a wonderful job breaking the meta model down which is the important information gathering tool giving the novice a head start on there journey towards mastering the meta model. Get it read it and practice learn to love it and have fun...because if your not having fun then your blowing it.

The book is brief, you can read it cover to cover in a couple bathroom visits. If you have read Structure of Magic or other books and thought this might help you'll be disappointed. 2/3 of the book are background and storyline that is mostly irrelevant; if you have any knowledge of NLP you've heard it many times before. If you have never read anything at all about the Meta Model maybe this book will be moderately interesting. Matt's idea of "Demystified" seems to me to be another overexcited NLP guy's shtick to weasel money. My conclusion: any other book is A better investment of your money and your time.

I think it's indeed high time to simplify the formalistic presentation of the original. To me the book is very convincing, and the ethical orientation and recommendations are very important and well oriented. Occasionally I found that a little more precision would be in place, for which judgement I held back one star. However generally, I repeat, I find the book a great suggestion for a re-formulation of the project. A useful sequel might be a book of demonstrations, or examples, something that B&G presented abundantly in the original "Structure of Magic, I". But also there, their delight in (what to me seems) un-neccessarily exaggerated, even idio-syncratic, fomalism, is not doing the project the best service. Now I am waiting for a Demystification of SOM. Douglas O'Brien's in his "User's Guide to Sleight of mouth" goes a considerable way in the direction (to me, a very helpful book), but a small book in Matt's format and style may do also this monument a good service, in my opinion.

Pros: lots of new ways of thinking about this basic foundation. Many helpful tips & suggestions.Cons: not nearly long enough! (Kind of a "left handed compliment, really... The rest are in the subject line.

It was OK and at the same time I expected a deeper penetration into the subject.I would recommend this book to someone who has little or none experience of NLP.

This is merely a regurgitation of an excellent Michael Breen workshop and doesn't do it justice at all. I would recommend the workshop instead.

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