



## Skiing without Fear - for Beginners, Intermediates and Experts: How to Overcome Your Fears, Build Your Confidence, and Improve Your Skiing Through NLP, Visualisation and Hypnosis

By Leighton Ellis

Eroica Ltd. Paperback. Condition: New. 102 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. Skiing Without Fear applies Neuro-Linguistic Programming (NLP) and visualisation techniques to the field of skiing to produce an instructional manual that will help you to overcome your fears of skiing, and learning to ski. In addition to helping you to overcome your fears, it also includes some powerful mental tools which you can use to both build your confidence on the ski slopes, and enable you to ski at your peak performance whenever you wish. Written using the hypnotic patterns of renowned psychiatrist Milton Erickson, MD, Skiing Without Fear provides a powerful new approach to helping nervous and fearful skiers overcome their fears, and helps intermediate and advanced skiers to ski with greater confidence and surety whatever the terrain or conditions. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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