

rapport **book** review

Brilliant NLP

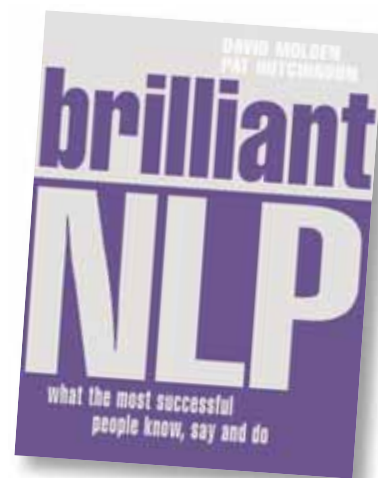
David Molden and Pat Hutchinson £12.99, Pearson Books

'Brilliant NLP', delivers the goods with clarity and brevity for the curious browser or prospective student. Nasty flashbacks to when I was shuffling around with my first stabs at studying NLP.

'Crikey...so many long words, alien-phrases and egg-head concepts! This novice-friendly book would have been a welcome introduction to the subject. I have this rude habit of dipping into books and this seems to pass the dipping test quite well. I like my, 'Help me...I'm an idiot!', books to be concise, to the point and smooth-reading. David Molden and Pat Hutchinson have fulfilled

those criteria. They explain an idea and illustrate it with a few brief examples. No over-egging the pudding or proving how learned they are. I could be generalizing wildly, but this falls neatly into what I imagine is the British school of self-improvement publications, understated in tone. Molden and Hutchinson have an easily digestible, casual, light writing style. A few well-placed cartoons and illustrations break up the text nicely. Like all good-puddings, this book leaves you wanting more. ●

Sandra Dunkley, NLP Practitioner

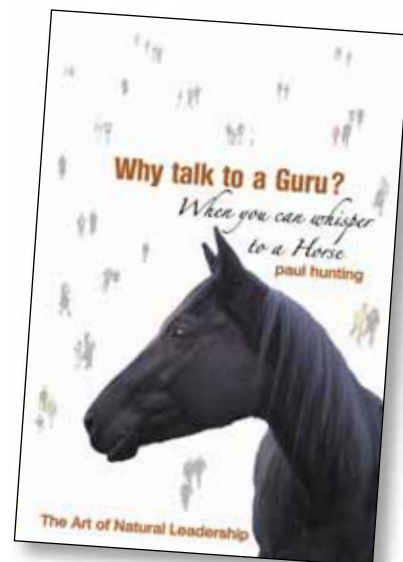


Why talk to a Guru? When you can whisper to a Horse

Paul Hunting £19.99, Perfect Publishers

This original, thought-provoking book is about more than how to learn from horses. The author's contention is that authentic leadership requires us to discover our 'true self'. In the first part of the book, he identifies obstacles to our fulfilling our potential and reflects on spiritual teachings. Hunting's writing is grounded in his own spiritual practice, bringing immediacy and authenticity to what he has to say. The second part of the book is about Hunting's Horse Assisted Transformation system (HAT), and readers can usefully reflect on the theoretical models and carefully structured questioning offered here. One model presents three layers

of 'self', which can be pictured as what we pretend to be, what we fear we are and what we really are. Transcending the 'false', conditioned layers of fear and pretence allows us to find the true, unconditioned self at the core. The book offers ways to do just that – with or without the help of a handy horse. Hunting writes in an entertaining, vivid style and the book is very accessible, requiring no specialist knowledge. This reviewer would have liked to see more rigorous editing; but this is a truly inspiring work with a significant message: how we can find our own truth within, and thereby bring about results greater than we had imagined possible. ●



Presenting with Power Captivate, motivate, Inspire & Persuade

Shay McConnon £9.99, How To Books

I guess that presenting is something that most of us know zero about. This book shows how to plan, construct and deliver your message to an audience. Shay McConnon, public speaker, psychologist, magician and author of 17 books presents the basics of how to give effective presentations. The preface states, 'This is no ordinary book on presentations.' It bodes well, as he is also the founder member of the Professional Speaker's Association'. I found it an adequate, instructive introduction which should be handy for the newby presenter. I am pretty sure that many of the techniques for presenting

can be translated into everyday communication, so for this reason it's an interesting reference for a 'civilian' who has no intention of presenting. The chapter which deals with 'developing confidence and controlling nerves', may be useful for those who sweat buckets at the thought of addressing an audience. I found the brief section on the effective thirty second sound bite an interesting one which I can develop and put to good use in all kinds of situations. Presenting with Power gives an overview of what I suspect is quite a large subject. ●

Sandra Dunkley

