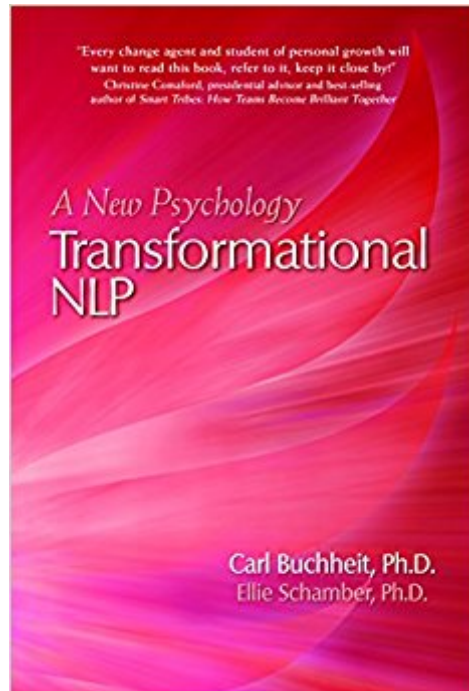




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# Transformational NLP: A New Psychology



## Synopsis

Why do people have so much difficulty achieving their goals, making big changes, and becoming the people they want to be? If we can imagine it, why can't we achieve it?

Transformational NLP: A New Psychology offers a new understanding of how the brain really works and how we can use this knowledge for personal change and growth. Transformational NLP incorporates material drawn from, or inspired by, the holographic model of the universe as explained by physicist David Bohm, the basic premises and implications of twentieth and twenty-first century quantum mechanics, Bert Hellinger's trans-generational, systemic constellation work, and the metaphysics of the perennial philosophy such as described by Aldous Huxley. It offers breakthrough insights and unique methods that neuro-linguistic and otherwise that Buchheit has developed over the course of more than three decades, working with thousands of clients. This book will be of great interest to all students of NLP as well as to psychologists, social workers, mental health workers, teachers, historians, and philosophers. It will especially appeal to many people who are interested in personal transformation and gaining entirely new perspectives about understanding and changing our human experience.

## Book Information

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## Customer Reviews

"Buchheit and Schamber's long-awaited masterwork explains the origins, elegance, and evolution of the most effective personal transformation technology on the planet. As a former student and client of Carl, I saw a significant improvement in my personal life and my ability to help

others. Every change agent and student of personal growth will want to read this book, refer to it, keep it close by!

—Christine Comaford, executive coach to peak performers, presidential advisor, and best-selling author of *Smart Tribes: How Teams Become Brilliant Together*

—“Transformational NLP is one of the most important books to be written in our time. Carl Buchheit has synthesized the breakthrough psychology and consciousness achievements of the previous century with his own brilliant version of Neuro-Linguistic Programming. The result is a body of knowledge as well as practical tools that contribute effectively to our ongoing task to understand why and how we are the way we are. More importantly, because this new psychology is founded in NLP, Buchheit shows us how to use these tools to live more creatively, respectfully, and peacefully with ourselves and with each other.”

—Irving S. Katz, Ph.D., Chancellor of International University for Professional Studies

—“Carl Buchheit is a remarkable person. It was my great good fortune to be one of his students and clients. I have known and been a student or a mentor of several Nobel Prize winners. Carl is certainly of their caliber or beyond them in his depth of conceptual thinking and revolutionary thought. Through his genius, I have become a happier and more fulfilled individual. This book is a wonderful introduction to his genius. It describes step by step the concepts behind his change work, which can appear to be like magic. I am convinced that Transformational NLP is a significant contribution to the field of psychology and to the world.”

—From the Foreword by Carl Pennypacker, Ph.D., astrophysicist at the University of California, Berkeley and Lawrence Berkeley National Laboratory

—“In this groundbreaking book, Carl Buchheit has given us the pieces that have been missing from the world of spiritual and mind-body practices. His discoveries of how spirit, mind, and body can be brought into alignment open the way for us to become who we truly want to be and to work with one another with new depth and respect for the experience of being human. I believe that Buchheit’s work is essential for all practitioners in the fields of consciousness and wellbeing and for anyone who aspires to live with inner fulfillment and contribute to planetary peace.”

—Debra Poneman, motivational speaker, founder and president of Yes to Success! seminars, and author of *Chicken Soup for the American Idol Soul*

—“In my life I have crossed the paths of a handful of teachers and mentors who were offering something so useful and powerful that it forever changed what was possible for me in my life. Carl Buchheit is at the top of my very short list of such mentors. From studying Transformational NLP with Carl for many years, my existing coaching practice got better by leaps and bounds and light years. And I personally shifted into the person I had been trying to become for my entire life, at ease with myself and the world. If you have the chance to learn from this teacher, do it! Transformational NLP is a life-affirming,

life-changing gift to the world! ã ã ã LiYana Silver, coach and author of *Feminine Genius: The Provocative Path to Waking Up and Turning On the Wisdom of Being a Woman* ã ã“I have worked with Carl for the past four years as both a student and a client. I have experienced greater shifts in my relationship with my self, with my loved ones, and with my work in the last four years working with Carl than I have with any other practitioner in any other modality. His approach enables more choice with greater ease than other methods I have tried. The result is that people can become more of who they are and less at odds with themselves, others, and life itself. I am deeply grateful to have the opportunity to work with Carl. Transformational NLP is a profoundly important work, which can help many people achieve their dreams and become the people they want to be.ã ã ã Khalid Halim, coach and founding partner of Reboot.io, a leading coaching firm for Silicon Valley CEOs and venture capitalists ã ã“Carl Buchheit is a one-of-a-kind loveable genius who speaks to the heart of transformation. He is one of the true elders of transformational work, the Nicola Tesla of change work! Carlã ã,çs work has profoundly touched my life as well as the lives of countless others. In addition to helping me personally, his teachings have added greater depth to my own teachings and trainings. I have deep, deep gratitude to this exceptional teacher. Transformational NLP explains the innovative concepts underlying Carlã ã,çs methods.ã ã ã Jeffrey Slayter, motivational speaker, executive leadership trainer, and best-selling author of *Imagine: Start a Revolution in Your Life and Business* ã ã“Carl Buchheit started to change my life even before I met him, because several of my mentors had already been Carlã ã,çs students and clients. They guided me to change patterns of working too hard, losing money, being overweight, and not living in happiness. The changes in my life were so profound that I decided to study with Carl himself. Now my life has achieved much higher levels of fulfillment and my effectiveness with clients has greatly increased. I am so grateful to have found this new approach to change work. Through all of us who have learned so much from him, Carlã ã,çs work is changing the world. I highly recommend this landmark book.ã ã ã Steve Napolitan, motivational speaker, business coach, and author of *Capture Clients, Close Deals* ã ã“Carl Buchheit is a modern-day magician. How can you achieve the ambitious goals you set for yourself? By having rapport with yourself! Carl shows you how. In this wonderful book, he shares all of the tools and new perspectives at the root of his remarkable work.ã ã ã Katia Verresen, CEO of KVA Leadership ã ã“Carl Buchheitã ã,çs Transformational NLP offers a new perspective on why we humans have limiting beliefs and behavior patterns. His approaches and methods enable people to have more choice over their lives, thus providing the potential for them to achieve fulfillment and inner

peace. • Sharon Tennison, founder of Center for Citizen Initiatives and author of The Power of Impossible Ideas

Why do people have so much difficulty achieving their goals, making big changes, and becoming the people they want to be? If we can imagine it, why can't we achieve it?

Transformational NLP offers a new understanding of how the brain really works. When we understand how our brains work, we can quickly learn to work with and not against ourselves and change becomes possible. Transformational NLP is a groundbreaking synthesis of Neuro-Linguistic Programming (NLP), psychology, and spirituality. While the practice looks like psychotherapy, it utilizes the tools of NLP as well as innovations drawn from quantum physics, neuroscience, psychology, and systemic constellations. In Transformational NLP Carl Buchheit offers a new methodology to achieve our goals for personal transformation and happiness that actually works!

This book is a friendly and useful tool for those who are participating in NLP for personal growth as well as Practitioners who are interested in a more detailed and deeper understanding of NLP. The book is rich with valuable insight. Whether it's Chapter VIII, Alignment With Quantum Physics, or Chapter IX, The Family System, or Chapter X, The Family System, or Chapter XI, Can People Reprogram Themselves?, all offer numerous "Ahas" of understanding to those who have realized NLP to be the transformational doorway that it is. If these chapters were the entire book, it would be so worth the read, and there is much, much more. The book is to the point and concise and I recommend it to all, whether starting out or advanced, in their journey self understanding and Self Knowledge.

Loved it! I've read many books and taken numerous classes for personal development, and the methods described here have been the most effective by far. If you are interested in having what you really want and getting there in the kindest and most respectful way, then you must read this book!

Such a thorough explanation of the history and practice of NLP. The book encouraged me in my search to find ways to "unlearn" old patterns of behavior.

A powerful work on multiple levels. An explanation of the evolution of Transformational NLP which

takes the change tools of NLP and then weaves in an understanding of spirituality, developmental psychology, and family dynamics. I was intrigued by the history of NLP and fascinated by Carl Buchheit's insights gained from his 30+ years in the field of personal development. In a world where the same self help tips and motivation are a YouTube video away, Transformational NLP speaks to an understanding of human nature, and what it takes to transform behavior in a way not found anywhere else. Mr. Buchheit seems to have tapped into a unique wellspring of knowledge, and his book makes that knowledge available and accessible to us the reader. This is not 10 secrets to happiness. Nor is this for those seeking a quick fix. This is a book for the serious student of personal change and in yourself and others. I am on my second reading of the book and continue to gain new insights and understandings. What a gem!

Even though I have read dozens of earlier books on NLP, Transformational NLP helped me further understand the genesis and evolution of NLP. It clearly describes the foundational ideas of Carl Buchheit's signature NLP Marin approach, which builds on traditional NLP to provide an even more useful set of understandings, benefits and tools than the original developers anticipated. The original creators of NLP chose to use linguistic terms that made it difficult for many to understand and contributed to limitations on its acceptance and implementation in personal development. This new approach makes NLP understandable at its foundational level. One unique section I enjoyed described Transformational NLP's alignment with quantum physics, something none of the prior works I read discussed. Carl Buchheit and Ellie Schamber have created a valuable adjunct to the hundreds of books on NLP. If you want to understand where NLP is going, how it fits together, and how it can bring greater value to your life, I recommend you read it and put its tenets to work.

Transformational NLP is a brilliant insight into a STYLE of NLP, that respects the many dimensions of a human being. It gives us first, an insight into the historical significance of NLP, and the intended trajectory it encourages many practitioners to take (i.e. Original Intent). That is; extending the work to include the significant of quantum frames, in the context of personal change and transformation--and the implications it has on the human being who is being drawn to grow, extend, and fulfill his or her inherent values. More often than not, the mainstream use of NLP leaves a particularly "bad flavor" in the mouths of the market. Transformational NLP by Carl Buchheit, shows how the NLP toolkit and technology, can be used in a wonderfully respectful, and incredibly transformational way .... for enduring satisfaction.

I turned towards Transformational NLP after being underwhelmed by every other avenue for personal development. I walked barefoot across hot coals, started a six-figure business, read hundreds of books, listened to hundreds of podcasts and was engaged in a war with myself that felt like my only hope at shifting my experience. What I particularly appreciated about Transformational NLP was when Buccheit and Schamber shed a light on why aphorisms like "use more willpower" and "just do it" fall short. Since our creature neurology overrides our pre-frontal cortex and we can't push our way past traumatic associations, I finally understand why "more force" is the ironically, the least powerful solution to shift our experience into our desired state. Also, I appreciated Buccheit's ode to the forefathers and foremothers of the tNLP. His respect and careful attention to the origins of tNLP also helped me understand why conventional NLP has such a poor reputation. I'm excited to work with more tNLP and Marin-style NLP practitioners, who embrace the quantum possibilities and holographic nature of the work as I move forward in my entrepreneurial career!

In the past forty years as a structural integration facilitator of physical and emotional healing this is by far my favorite teacher of soul, heart, and mind healing, and I've tried a lot. Carl's book brings all the history and pieces together in one concise, readable account and introduction to his profound work. Carl's deep understanding and clear articulation of what it takes and means to be human on this planet inspires me and helps me to feel good about and appreciate who I am. I am now more able to include all aspects of my life and experience, as well as that of others. Five stars absolutely!

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