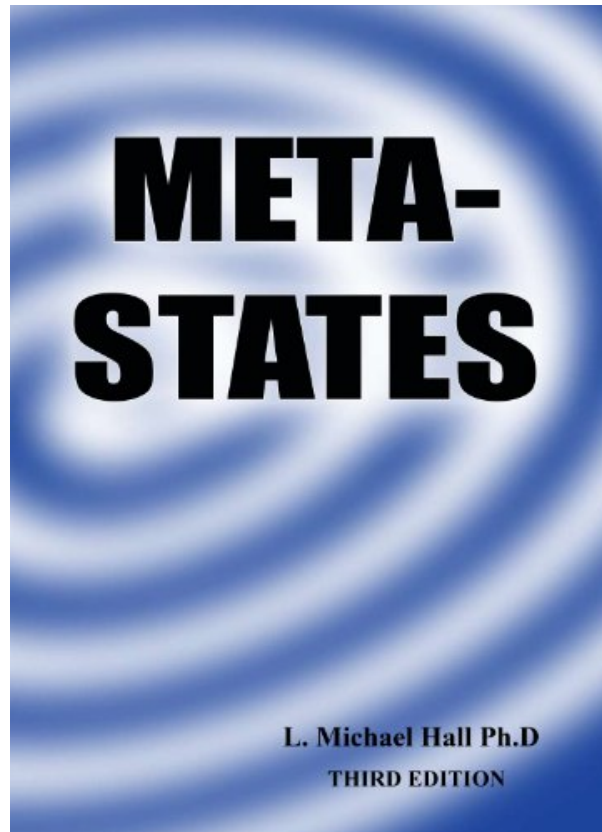


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This third edition of Meta-States takes you on a journey to the theoretical background, understandings, and constructions of the Meta-States model itself. The aim is to fully locate Meta-States in the field of the cognitive-behavioral sciences as it establishes the emergent field of Neuro-Semantics. Meta-States is not just a model about how you think, feel, relate, act and speak, it is also a different way of thinking about the way you function as a human being. Understanding your own meta-states within this model of self-reflexive consciousness is to enter into a non-linear way of thinking and feeling. This book represents a major contribution to the field of NLP. It is likely that this work will open up an entirely new domain in NLP and offer a new synthesis between NLP and General Semantics.

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Excellent Book! I highly recommend this book and the Meta States Model to help anyone who would like more choice in their lives

By Paul Reimers

I have read Hall's two volume NLP Manual User's Manual for the brain and Secrets of Personal Mastery and I have experienced a lot of amazing shifts using Meta States and have used it to help others as well. At first it can seem like a big complex concept but at it's heart it is really simple. There was someone I was working with and they were tied in knots with all of the reactions and definitions they had in place and it seemed like there was no way out to them. I just asked a meta states question of "Could you allow yourself to feel compassion about this situation and everything you have been going through?" and they started relaxing and allowing more space and possibility in the situation through going meta. Just this shift made it possible to do more work where before there was just a looping and resistance.

This book is excellent in that it focuses on the concepts of Meta States and examines certain key meta state patterns including resilience.

1 of 2 people found the following review helpful.

I ve read several books from Hall, always the same issue, too many pages to say the same idea. However, worth reading.

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"Too many notes Mozart! "

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This appears to be an earlier version of the subject by the author. It is written in a style that is hard for me to

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