



Meta-States: Mastering the Higher States of Your Mind

L. Michael Hall

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Meta-States: Mastering the Higher States of Your Mind L. Michael Hall

This book represents a major contribution to the field of NLP. You will discover a new model for tracking “the structure of subjective experience.” The author taps into the works of Korzybski and Bateson as well as those of the mainstream NLP developers and develops new insights of his own. 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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