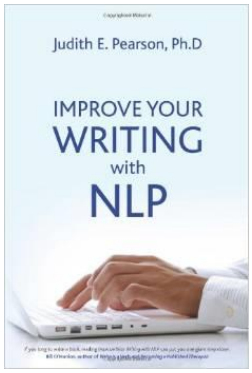
**Improve Your Writing with NLP; Judith Pearson; Crown House; ISNB 978-1845-90861-4**




http://www.amazon.co.uk/Improve-Your-Writing-With-NLP/dp/1845908619/ref=sr_1_1?ie=UTF8&qid=1415189012&sr=8-1&keywords=improve+your+writing+with+nlp

This book is a great read from start to finish. I read the book from two perspectives; first, as someone keen to write my first book and second as an NLP trainer. As I write this review, I'm mindful of wanting to emulate Judy's fluent style and evidence her many words of wisdom. I could be forgiven, however, for not utilising all her advice just yet, having only just finished reading her excellent book!

As a brief preamble, I'd like to reflect on the integrity that permeates Judy's book. Over the years of working with NLP I have encountered a number of people (and, sadly, some of them who might be deemed 'masters' of some of the 'great names' in NLP) who's behaviours do not model the core principles or commonly held values of NLP. Of course, like so many things in life, values and ethics are different according to perspective. From mine, NLP is full of opportunities to champion the wondrous diversity of human beings, to see the world without ruinous judgment and with multiple perceptual positions; NLP is rich with methodologies that respect the individual and that recognises that life is full of paradox. It's great to read between each line in this book: Judy's words in this book seem to model the best about NLP and, having had the good fortune to have seen her 'in action' at the NLP Conference once, I'm left with the firm impression that integrity is a byword for her work. IN this regard alone I would thoroughly recommend this book.

So, turning to the book itself, I have a few comments.

The the NLP novice, this book is highly accessible; Judy makes light work explaining sometimes complex NLP concepts. After all, NLP is the art and science of communication - so it makes sense that her explanations are easily consumed and understood.

For the NLP 'expert' a critical eye will also not be disappointed. Judy finds succinct and interesting ways of describing processes, ideas and frameworks; I found myself using a pencil to put a large ring around certain of her comments so that I could easily access them again when I might need to find an alternative way of describing an NLP protocol or model.

And by extension, throughout the book is a mindfully skilled modelling of core NLP ideas; you will find embedded in the text a range of constructs that emulate the very suggestions that Judy is recommending, from Ericksonian patterns to the Meta Model. There's not only clear and concise

explanations; there's also a reassuring consistency in her own writing. I've hard to believe in your driving instructor when s/he's always stalling the engine, isn't it. With this book, you won't have that problem. The book's also a great piece of modelling in terms of structure; overall, you find yourself being elegantly signposted towards a deeper understanding and there's always an appropriate amount of well-positioned summaries to consolidate your thoughts as you progress through the book. It's also helpfully short: some NLP books are heavy reading. This isn't one of them. There's also a subtle nod towards McClelland as Judy keeps all of us affiliators, achievers and power-seekers motivated and engaged!

The book has easy-to-use worksheets too; above everything else, the book is lighter on theory than application. It really is a book that people can "use" to make their dreams of writing a book a reality. It's practical and well-designed.

As a 'read' in itself, Judy manages to strike a beautiful balance between the personal and the professional in that anecdotes and stories sit comfortably side by side with well-referenced quotes. Judy is very respectful of others in the NLP field who have either helped her directly, indirectly or are quoted in the book. (By default, then, there's a great reading list for those interested in more NLP-related material). This balance is hugely reassuring; it's as if it really matters to her that we succeed in our writing and that she's holding our hand all the way.

For those who envision a book without a linear structure (without 'narrative', perhaps) and for those wishing to write a book that seriously defies convention, many of Judy's suggested processes and structures may not quite fit. What if you wanted to write something that started in the middle, ended up in Arabic, and left multiple story-lines unfinished? Every utterance is unique to some degree and Judy's book guides the reader to a more 'conventional' model. This exception notwithstanding, the book overall is a gem. From clear advice about self-management of state, to business requirements and advice on getting published to harnessing creative instincts and structuring a coherent utterance - this is the book for you!

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