

Rachel and Steven, certified NLP Master Practitioners and Trainers, are co-founders and co-directors of The NLP Center of New York. Since 1986, they have trained thousands of students while leading NLP and Hypnosis certification training courses for both personal and professional development. They are certified by the National Board of Certified Clinical Hypnotherapists (NBCHH) and authorized and endorsed by Coniraee Andreas to conduct Core Transformation seminars.

Rachel B. Hott, PhD



Rachel B. Hott, PhD is a NYS licensed Clinical Psychologist who also holds a master's degree in Dance/Movement Therapy. Rachel has been trained by Jack Canfield to facilitate self-esteem trainings and by Stephen Gilligan in the field of Self Relations. Her specialization areas include performance anxiety, sexuality, life transitions, addictions and healthy lifestyles including weight control, sleep disorders, pain management and exercise. She also incorporates Thought Field Therapy and Eye Movement Desensitization and Reprocessing (EMDR) in her therapeutic repertoire. She has been a course leader for American Management Association as well as a private consultant for executives. Rachel has presented at numerous conferences including the Ericksonian Hypnosis Congress.

Steven A. Leeds, LMHC



Steven A. Leeds, LMHC is a NYS Licensed Mental Health Counselor, who holds master's degrees in both Counseling Psychology and Secondary Education. He began studying NLP and Ericksonian Hypnosis in 1980 with John Grinder, Richard Bandler, Robert Dilts, Leslie Cameron Bandler and Virginia Satir and has studied extensively with both Stephen Gilligan and Jack Canfield. Since 1986, Steven has designed and conducted NLP and Ericksonian Hypnosis training in the United States, Europe and South America. His areas of specialization include transpersonal psychology, healthy relationships, habit control, and state management. Steven works as a coach/psychotherapist with individuals and couples. He was a founding member of the International Association of NLP.

"Rachel and Steven teach from their heart and will touch your soul. They will make a lasting contribution to your life."

Jack Canfield, author, *Chicken Soup for the Soul: The Success Principles*

"Rachel and Steven pursue their mission with integrity and competence. I appreciate their commitment to excellence and their support of the highest quality learning for their participants."

Robert Dilts, author and NLP Developer

"Rachel and Steven are outstanding trainers of NLP and Hypnosis. I give them my highest recommendation."

Stephen Gilligan, author, *The Courage To Love*

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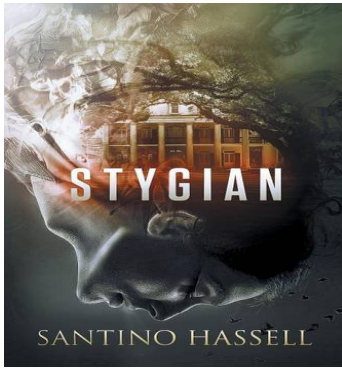
NLP A Changing Perspective

NLP A Changing Perspective offers readers an in-depth look at how Neuro-Linguistic Programming (NLP), creates powerful long lasting changes in both our interpersonal communication and our relationship within ourselves. Since 1981, the authors, Rachel Hott, PhD and Steven Leeds, L.M.H.C., co-directors of The NLP Center of New York, have been living and breathing NLP, incorporating it into their NLP training, psychotherapy/coaching practices, their marriage and parenting. With this book they bring a wealth of experience and a personal humorous touch to an exacting science. NLP is a model and a methodology that has been transforming the lives of people all over the world. Through the study of



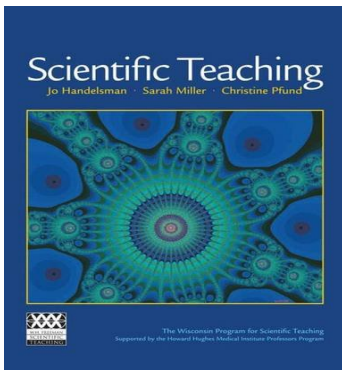
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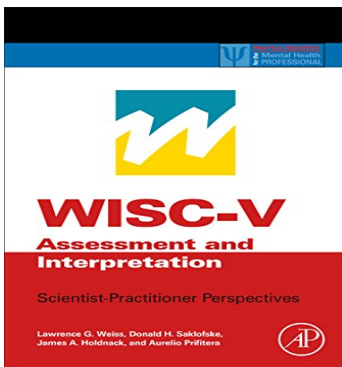
Stygian

Jeremy has been isolated and adrift since the death of his brother. Most people just see him as the skinny emo kid who wears eyeliner and plays drums. No one gets him. Nobody tries. He thought the indie rock band Stygian would become his anchor, but?lost in their own problems?they



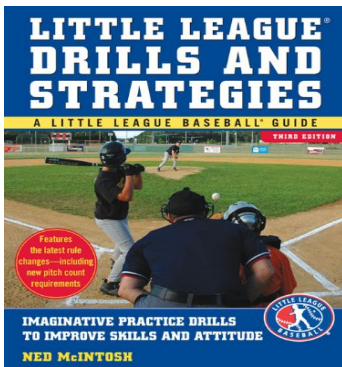
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Review 3:

Excellent Book!

Review 4:

When I became interested in NLP I did a ton of research on who I would want to learn it from. I looked at schools and programs all over the world, from Australia, to Amsterdam, to LA, and New York.

Once I came across The NLP Center of New York's website I was convinced it was the absolute best fit for me. I read all about the founders, Rachel Hott, PhD and Steven Leeds, LMHC, and all of the programs they offer.

Even though I live in San Diego, CA I was trying to think of a way I could receive my training & certification from you them. One day while reading their newsletter I learned that they wrote a book about NLP. I was so excited! I figured this was the next best thing to learning from them directly in NY. So I ordered it straight away, and absolutely loved it!!

I highly recommend this fantastic book to anyone who is seeking to better themselves and their lives. It's just such a great tool, so thank you, thank you, thank you Rachel Hott, PhD and Steven Leeds, LMHC for all the hard work you two put into creating it!

Review 5:

This really is a fantastic book: well-written, engaging, full of interesting anecdotes and, of course, truly useful material. I've been around NLP for a long time and this is absolutely the best book I've come across for a newcomer or someone interested in personal growth. It's also a great refresher for someone who is already experienced. Great job guys, I can't wait till your next one!

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