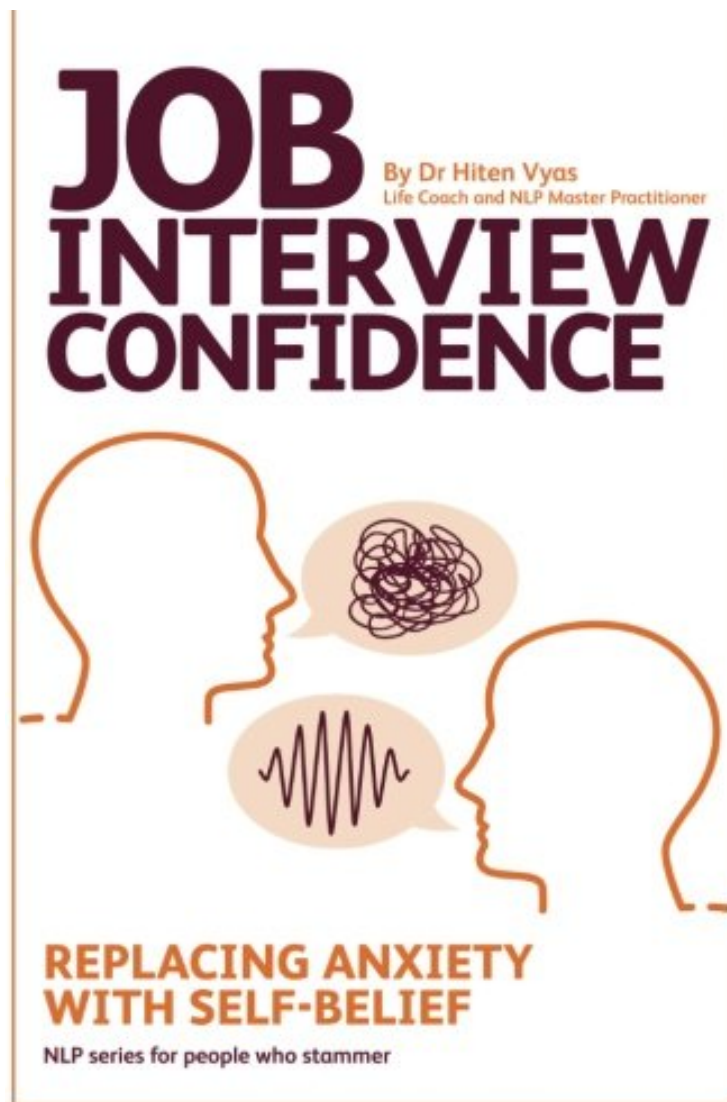


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Job Interview Confidence: Replacing Anxiety with Self-Belief (NLP series for people who stammer)

Hiten Vyas

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#4264044 in Books Hiten Vyas 2012-12-07 Original language: English PDF # 1 9.00 x .11 x 6.00l, .18 #File Name: 148111089648 pages Job Interview Confidence Replacing Anxiety with Self Belief | File size: 26.Mb

Hiten Vyas : Job Interview Confidence: Replacing Anxiety with Self-Belief (NLP series for people who stammer) before purchasing it in order to gage whether or not it would be worth my time, and all praised Job Interview Confidence: Replacing Anxiety with Self-Belief (NLP series for people who stammer):

0 of 0 people found the following review helpful. Ace your Job InterviewBy Jackie PaulsonJob Interview Confidence

by Dr. Hiten Vyas 2012(Life Coach and NLP Master Practitioner)This is a NLP series to replace anxiety with self-Belief. Chapter one gives an overview of anxiety and its role with job interviews. It will give you the technique of Reframing your mind for optimum job interview success.Chapters two and three will explain how to create unhelpful meanings about job interviews and be able to overcome them.Chapter four will give ten techniques to change your negative mind set with job interviews and in the process it will change your beliefs to become successful during interviews. The questions asked and tips will help you master each technique without help. It is easy to understand and follow and with practice anyone can do them!I love books that have questions and exercises because then I feel more confident to master what it is others teach. I loved the exercises and with practice it will help me as well as you change your thoughts quickly and conquer any anxiety, stress or worries when you want to go to a job interview. This book will help balance other areas of your life as well.If you are not open minded and flexible then this book will not be for you. Why? The author asks questions that you might not want to face, he challenges your beliefs, your ideas and your preconceptions about who you really are. This book reminds me of the Law of Attraction in that if you ask, believe and receive you can do anything. I was impressed with learning from this author as to how the NLP techniques work and with time, I will be able to transform my life. Thank you Dr. Hiten Vyas for letting me read your copy of this book for free for my honest review. 2012 Jackie Paulson1 of 1 people found the following review helpful. Job Interview Confidence: Replacing Anxiety With Self-BeliefBy Robert SuphanJob Interview Confidence: Replacing Anxiety with Self-Belief (NLP series for people who stammer)I am not normally a fan of self-help books, but I found Job Interview Confidence by Dr. Hiten Vyas to be an extremely helpful and worthwhile book for a couple of reasons.While I liked reading about the theory behind "Neuro-Linguistic Programming", "reframing", and "meaning-making formulas", I just knew that when it came time to put the theory into practice I would not remember the theory well enough to use it without continuously flipping back and forth through the text. Happily, Dr. Vyas does not expect the reader to remember it all and repeats the needed information all through the text at the appropriate points. This made the book much easier to use.One reason I do not like self-help books is that they usually do not provide suggestions that are helpful to me. Dr. Vyas discusses "Ten Ways to Change Meanings About Job Interviews". Quite honestly, some of the ten ways were not helpful to me, while others of them gave me quite a bit to think about and were very helpful. The ones that I found helpful may not help everyone, but there is enough variety in the ten ways that I think everyone will find at least some of the approaches helpful.Although the book is aimed at people who stammer (stutter), there is nothing in the theory or applications that limits them to people who stammer. Anyone who finds job interviews to be extremely stressful would find this book to be helpful.This brings me to a benefit in the book for people who stammer. While doing the various exercises in the book, I was surprised how the examples Dr. Vyas presents after the exercises often mirrored the thoughts I noted while doing the exercise. It occurred to me that my feelings and fears were not unique, but were shared by many people. Relief from that feeling of isolation was a very welcome one.I wish this book had been available 40 years ago, but for those starting out careers in which they will have to interview, it is a very fine aid. I do look forward to finding out what other books will be in this series.0 of 0 people found the following review helpful. Great resource for stutterers / stammerersBy Philip MandelLike Dr. Vyas, I am a Master Practitioner of NLP (Neuro-Linguistic Programming). I recognize how challenging it is to reproduce the wonderful results attainable when working one-on-one with a live Practitioner, but in book form. (I am the author of the "Allergy Resolution Process" available on the Smashwords website -- perhaps I will be lucky enough for to list my eBook someday as well).Dr. Vyas rises to the challenge by first defining anxiety and relating it to job interviews. He then briefly introduces the reader to NLP and focuses in on Reframing, one of the oldest and most powerful NLP strategies.He moves on to discuss how we make meaning from the events in our lives, and more importantly how to change the meaning. For example, he discusses "Jim's" stammering in a job interview and the interviewer's apparent disappointment with Jim. This causes Jim to feel, well, stupid (Dr. Vyas' word -- and probably not too far from the truth!).Acting as the reader's coach throughout the eBook, he shows the reader how to redefine the External Event (the interviewer's apparent disappointment) and thereby change his Internal Experience (feeling stupid) into something else.Other chapters include redefining the Internal Experience, breaking down belief statements, finding counter-examples, and more. I am familiar with many of these techniques and have used them extensively in my NLP coaching practice over the years. While I have never worked explicitly with a stammerer, I feel confident that the techniques presented in "Job Interview Confidence" will, if followed carefully, help lessen anxiety and improve confidence for anyone who reads it -- not just stammerers, and not just with regard to job interviews.Full disclosure: I was given a copy of this eBook for free in exchange for my objective review.

*An Amazon Best Seller on the Kindle Store!*5 out of 5 reviews..."This is a great book to help you understand how your mind works and how to remove limiting beliefs about yourself and your experiences."Justin Mazza, Amazon Reviewer."Anyone who finds job interviews to be extremely stressful would find this book to be helpful."Robert Suphan,Amazon Reviewer.As a person who stammers, are you experiencing the following about job interviews?*"Anxiety about attending job interviews, which makes you avoid them."* Habitual negative thoughts about your ability to take job interviews because of your stammering?*"Feelings of inadequacy after your have attended job interviews,

because of bad experiences during them? * Rejection from getting jobs because of your stammering? If so, then this book will help you to: * Increase your confidence in your ability to take job interviews, and go for the job you want. * Create positive thoughts about yourself in the context of job interviews, so that you can face them with less anxiety. * Learn to see yourself as a person, your stammering, and job interviews from a position of power. * Create empowering beliefs about your ability to take job interviews and use them to help you in future job interviews. If you are ready to deal with your fear of job interviews, then this eBook is definitely for you." Dr. Hiten Vyas, in his book, Job Interview Confidence, explains simple and easy to use techniques that will calm your anxious brain allowing the "real you" to shine through during the interview." Ken Bevers, Amazon Reviewer.

About the Author Dr. Hiten Vyas is the founder of Stuttering Hub Limited, a UK-based life coaching company. He is an NLP Master Practitioner, trained in the United States and uses NLP in his coaching practice. He offers face-to-face coaching locally in Leicestershire UK, and internationally through telephone coaching.