



Skiing without Fear - for Beginners, Intermediates and Experts: How to Overcome Your Fears, Build Your Confidence, and Improve your Skiing through NLP, Visualisation and Hypnosis

By Leighton Ellis

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"Skiing Without Fear" applies Neuro-Linguistic Programming (NLP) and visualisation techniques to the field of skiing to produce an instructional manual that will help you to overcome your fears of skiing, and learning to ski. In addition to helping you to overcome your fears, it also includes some powerful mental tools which you can use to both build your confidence on the ski slopes, and enable you to ski at your peak performance whenever you wish. Written using the hypnotic patterns of renowned psychiatrist Milton Erickson, MD, "Skiing Without Fear" provides a powerful new approach to helping nervous and fearful skiers overcome their fears, and helps intermediate and advanced skiers to ski with greater confidence and surety whatever the terrain or conditions.

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Editorial Review

About the Author

Originally from the United Kingdom, Leighton Ellis now resides in Chamonix-Mont-Blanc, France, where he runs a catered ski in, ski out chalet with his wife, Helen. He has a Bachelor of Science degree in Psychology and Marketing, and trained in life coaching in 2003. Personal interests in NLP and skiing led to the development of this book which combine the two for the very first time.

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