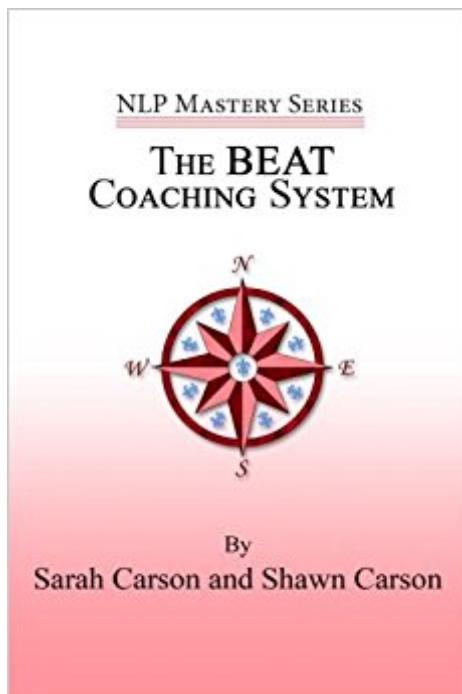


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# The BEAT Coaching System (NLP Mastery)



## **Synopsis**

Within this book we present a complete system of change, a complete system of coaching, and a complete system of self-mastery. The BEAT Coaching System is far more than just another NLP pattern. It is a system that gives you complete control over all the elements of your state and all the elements of your experience in the “now” in any context. Once you understand and master the BEAT System, you will be in total control of yourself. The NLP BEAT Coaching System also has a very specific purpose—to allow you to step into a peak performance state whenever you wish. It is a powerful tool kit to enable you to create rich experiences for yourself and your clients in 4 simple yet elegant steps! This method can be used for problem solving, self-improvement, personal exploration, and transformation and is applicable in a wide range of contexts including sports, meditation, personal coaching, business, hypnosis and in social situations.

## **Book Information**

Series: NLP Mastery

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Average Customer Review: 4.1 out of 5 stars 6 customer reviews

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## **Customer Reviews**

Sarah Carson was born and raised in Michigan but now lives in Chicago where she works at a church. Her poetry and short stories have appeared in *Cream City Review*, *Columbia Poetry Review*, *Diagram*, *Guernica*, and the *Nashville Review*, among others. She is also the author of three chapbooks and the full-length collection: *Poems in which You Die*.

Sarah and Shawn Carson have done it again. Another wonderful and powerful edition to their NLP Mastery Series. The Beat Coaching System is a system "that allows you to step into peak

performance state when ever you wish" Come learn about this powerful tool kit that will enable you to create a rich experience for you and your client. An outstanding book for growth and pure enjoyment

Loving this book. Using it with my clients and seeing results. Great value

Great book even for those who have NLP experience

I have read a few more of this author's book and they never disappoint! I have been doing change work for seven years and he never fails to increase my effectiveness!

Sarah and Shawn Carson are the real deal. In a field that is fraught with less than creditable people, these two are smart, creative teachers/authors who are superb in breaking information down and presenting it to the conscious and unconscious mind. This coaching system is versatile and powerful and can be used on clients as well as yourself. I have learned to use this pattern on myself so that I can quickly change a negative state into a positive state so that I am able to be the best version of myself. I highly recommend this book to any coach who wants to learn a new technique to use with clients or become better versed in this coaching system if you already know it, as well as to the individual who wants to learn a strategy to help them to make positive changes in their life. This is a great, well-written book. Enjoy and thrive!

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