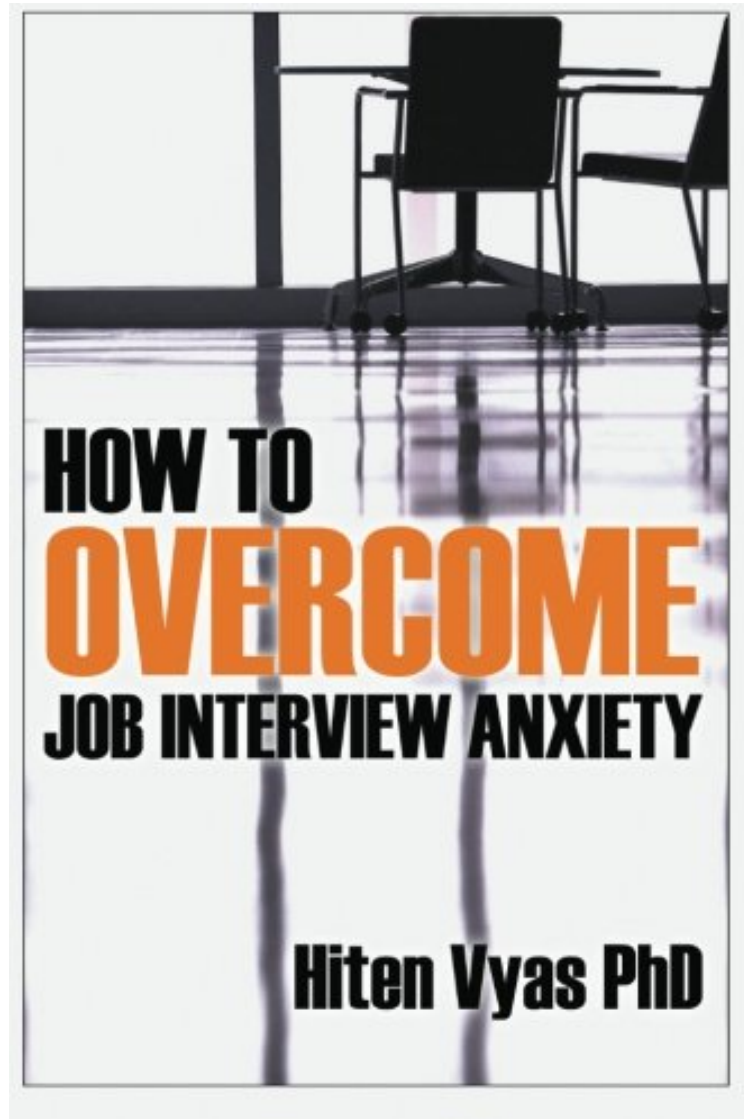


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How To Overcome Job Interview Anxiety (NLP series for the workplace)

Hiten Vyas

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#4669581 in Books Hiten Vyas 2013-03-26Original language:EnglishPDF # 1 9.00 x .12 x 6.00l, .18 #File Name: 148396283050 pagesHow to Overcome Job Interview Anxiety | File size: 24.Mb

Hiten Vyas : How To Overcome Job Interview Anxiety (NLP series for the workplace) before purchasing it in order to gage whether or not it would be worth my time, and all praised How To Overcome Job Interview Anxiety (NLP series for the workplace):

0 of 0 people found the following review helpful. Not very in depthBy toddNot helpful at all. One of the worst ways I've spent money. I would not recommend to anyone that needs help0 of 0 people found the following review helpful.

nothing newBy Berna M. Circling around the same information over and over for pages. I did not find helpful because we have the ability to see that way we would not have anxiety in the first place. Moreover, the approach to the solutions is not really strategic. 0 of 0 people found the following review helpful. Overcoming Anxiety Made SimpleBy UsiereHow to Overcome Job Interview Anxiety is a fabulous book about getting yourself in a good frame of mind to handle whatever gets thrown at you at a job interview. What I really love about the book is the fact that it does not go straight into tips, but deals with the underlying issues that cause anxiety, and how to change those meanings, feelings and emotions to an empowering one, which positions you to have the frame of mind and confidence to face any interviewer or interview situation. By using NLP method to redefine the internal experience, Hiten breaks it down through words and pictures in such a way that anyone can understand and relate with. According to Hiten, meaning is an inside job and I agree absolutely. We have absolute control over how we represent and respond to external events. This book shows you how, not just in a job interview scenario, but in any situation we get to face.

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 lack of self-confidence?
- * Feelings of inadequacy after your have attended job interviews, because of bad experiences during them?
- * Rejection from getting jobs?

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 and your ability to take 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 book is definitely for you.

5 out of 5 review...How to Overcome Job Interview Anxiety is a fabulous book about getting yourself in a good frame of mind to handle whatever gets thrown at you at a job interview. What I really love about the book is the fact that it does not go straight into tips, but deals with the underlying issues that cause anxiety, and how to change those meanings, feelings and emotions to an empowering one, which positions you to have the frame of mind and confidence to face any interviewer or interview situation. Usiere, erAbout the AuthorDr. 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. Early on, almost every aspect of his life was crippled because of stammering. He then entered the self-development field in 2003, and he has successfully created positive and long lasting changes in his life. It is his passion, to help people overcome confidence and anxiety problems and achieve the lives they want. In his spare time he enjoys improvisational comedy, public speaking, yoga, meditation and travelling. He is also a major UK blogger in the area of personal development and has been doing so since 2008. He has been interviewed in national newspapers including The Hindu, The Hindustan Times and The Asian Age. He has a PhD in Biomedical Information Systems.