Recommended Reading

Recommended NLP Books

The Structure of Magic, volumes 1 & 2
By Richard Bandler and John Grinder

The Structure of Magic is the set of books that describe the Meta Model and the use of it. The book has a lot of depth and can be studied long term. I highly recommend Volume 1 if you wish to learn more about the Meta Model and other psychological texts to supplement your study.

Practical Magic
By Langdon

Practical Magic is out of print, but if you can find a copy then it is a useful reference point for mapping NLP concepts back to psychological systems and terminology. It also has a particularly concise overview of the Meta Model for useful reference.

Magic in Action
By Richard Bandler

Magic in Action is a set of transcripts which are useful for studying and applying Meta Model analysis to. The book provides an interesting study point for more clinical uses of NLP.

Persuasion Engineering
Richard Bandler & John La Valle

Persuasion Engineering is a very readable description of the use of NLP, particularly in sales. The summary appendices provide useful reference material for study. It has a lot of depth and is useful for repeated reading, it is also one of the few books which demonstrates Bandler's turn of phrase and attitudes.

Recommended Relevant Computing Books

Rethinking Systems Analysis & Design
By Jerry Weinberg

Part IV of Rethinking Systems Analysis & Design is particularly relevant to the discussion of the meta model presented here and deals with ambiguity and communication in interviews.

Are Your Lights On? - How to identify the real problem and ask the right questions.
By Jerry Weinberg &

Recommended Psychology & Therapy books related to NLP

Provocative Therapy
Frank Farrelly

This is a highly entertaining book describing the provocative approach to therapy. It is out of print but well worth tracking down. Change your attitude to software testing and be more provocative.

The Gestalt Approach & Eye Witness to Therapy
Fritz Perls

One of the best introductions to Gestalt Therapy, this is actually two small books back to back, one detailing the theories of Gestalt Therapy, and the other transcripts to study.

Gestalt Therapy Verbatim
Fritz Perls

Patterns of Milton H. Erickson volumes 1 & 2
Richard Bandler & John Grinder

Uncommon Therapy
Jay Haley

The New PeopleMaking
Virginia Satir

An entertaining, readable and influential look at the dynamics of human communication.

The Satir Model
Virginia Satir

Completely posthumously, this book provides a good introductory overview of the main achievements of Virginia Satir's theraputic model.