



## **Enhancing Neuroplasticity with the NLP Communication Model: A Strategic Review**

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### **Abstract**

The recent studies on mental health sciences and NLP ( Neuro linguistic programming ) have brought about external manifestations induce better and more improved functioning of neural pathways, neural commands can be undertaken with set patterns or specific measures and methodology that gear up the process of successful communication patterns that can be modelled and pursued by individuals. The turning point arises with the advent of the concept of neuroplasticity which also works on a similar plane of operations. Neuroplasticity is the term that refers to the organised and systematic rebooting and rewiring of neural pathways and designing a tensile strength of neurons and neurotransmitters that pave a way towards cognitive attributes, recognition of new neural pathways, modify the old version of perceptions (synaptic pruning, an internal nerve conditioning). With NLP, the neuro linguistic programming a term coined by Richard Bandler and John Grinder in the early 70's the phenomenon is quite innovative in a way that external and can be prompted and stroked positively with appropriate and conducive environment to generate excellence in various fields of personal and professional arenas.

The objective of the paper is to deliver the theoretical framework of functional nuances of both the domains and look for a synergistic blend for the mixed capacities therein internalizing the exterior stimulus or presuppositions (NLP) against the routing of the neural densities such as behavioural modifications, reasoning and resilience by providing some unique NLP techniques such as modelling, sleight of mouth, cause and effect, using sensory acuities, the Milton model to name a few. The blended exploration can regenerate widened possibilities of new techniques that can be applicable to novices and experts, hence leading to greater excellence pattern.

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