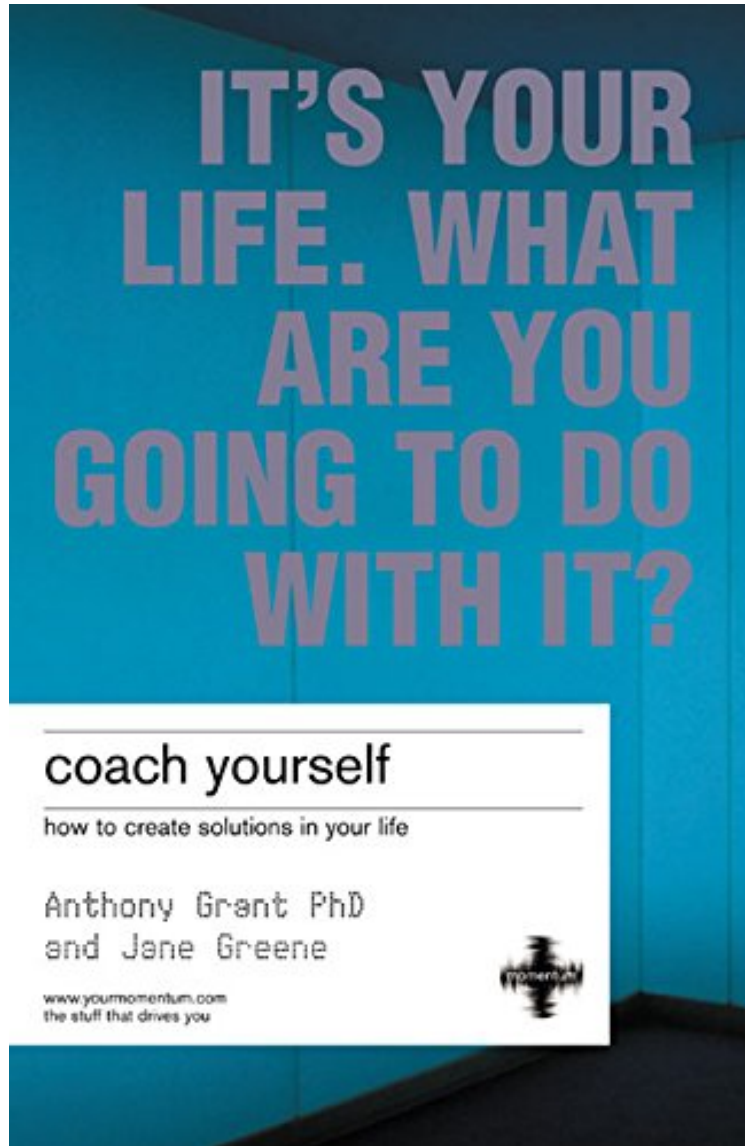


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Coach Yourself: How to create solutions in your life

Anthony Grant, Jane Greene

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16 of 17 people found the following review helpful. InspiringBy Marilyn CThis book was so much more than one would think by looking at the cover. It doesn't look like much, but as they say, don't judge a book by it's cover, because this little book is packed with a step by step plan for making improvements in whatever area of life you would like. One couldn't help but make positive change following the guidelines in this book. There is no fluff to wade

through. The authors have pulled together information from a multitude of sources and made one concise, straight forward resource. I just finished reading it, and can't wait to start putting it to good use. 17 of 17 people found the following review helpful. Practical, sound, inspiring. By A Customer This book is a great read and it does what it says. It helps you to see things in perspective and make real, positive change. The steps are easy to understand and practical but it also seems to be well researched and backed up with sound psychological theory. I would also recommend it to anyone working as a business or life coach as I think it explains the fundamentals very well.

Life coaching empowers people to make lasting, positive, inspirational change in their working life and life outside work. As such, coaching is a proven highly successful management technique. Many people seek coaches from within their organisation or visit a professional life coach. But many more still feel uncomfortable asking another person to fulfil this role, or don't have access to the right kind of person, with the right kind of time, or simply don't have the disposable income to employ a professional. Imagine the cost effectiveness and convenience of having your life coach on tap 24/7. There whenever you need them. You can - it's you. Based on scientifically validated and tested psychological techniques, this highly practical book will teach you how to make lasting positive, inspirational change in your life. It will help you to identify goals and to reach them. You will learn how to be your own, solution-focussed life coach.

From the Back Cover Coach Yourself Make Real Changes in Your Life 'Finally, an end to the bullshit.' Unsentimental, straightforward, to the point. This is the most exciting, best researched self-help book you will ever read. Susan Hogg, Controller of Drama, Granada TV, UK 'Direct, informative, tolerant of occasional back-slides and never condescending or simple-minded.' To boot, the text is literate, fun and energising to read. Rosemary H. Balsam MD, Psychiatrist and Psychoanalyst, Yale University, USA Imagine waking up tomorrow morning and your life being exactly how you want it to be... Good news - you can make this happen. Coach Yourself will help you work out what you want your life to be like, and most importantly, how to get there. Coach Yourself is for anyone who wants to lead a more purposeful, more successful life. Packed full of scientifically tested psychological tips and techniques, this highly practical book will show you how to become your own solution-focussed life coach; how to make lasting positive, inspirational change in your life, in and out of work. Just imagine the cost-effectiveness and convenience of having your life coach on tap 24 hours a day, seven days a week. There whenever you need them. You can - it's you. Ready to discover the power of being able to Coach Yourself? About the Author Anthony M Grant is a Coaching Psychologist, based in New South Wales, Australia. He holds a BA(Hons) in psychology from the University of Sydney and a Masters of Behavioural Science from Macquarie University, Sydney. He is currently completing a PhD in enhancing performance and well-being using evidenced based cognitive behavioural coaching techniques. His research and practice has frequently been reported in the media and he has a number of publications in the academic press. He has presented papers and workshops at national and international conferences. He has received a number of awards for his work in psychology including the Australian Psychological Society Prize for Psychology (1997) and the University of Sydney Medal for Psychology. Tony established the world's first university-based Coaching Psychology Unit at the Department of Psychology in the University of Sydney, where he teaches and co-ordinates the world's only university-based post-graduate degree program in Coaching Psychology. He has a private coaching and consulting practice and runs group-based seminars and coach training programs for industry and community organisations.