

The Tao Of Coaching Boost Your Effectiveness At Work By Inspiring And Developing Those Around You Profile Business Classics

Health and Wellness, Tenth Edition is written in a personal and engaging style with specific tips and aids to help students improve their health habits. This text encourages students to learn the skills they need to enhance the quality and longevity of life. Health and Wellness covers the many perspectives of personal health, including physical, emotional, mental, social, environmental, and spiritual perspectives, with a central theme of self-responsibility for one's behavior.

The antidote to navigating turbulent times isn't more rules. It is timeless virtue that creates sustainable value. Thoughtful leaders are keenly aware of the enormous challenge they face to drive high performance in a world that continues to ratchet up pressure and uncertainty. Some leaders respond by getting tough and establishing strict rules. They get people in line, but they don't inspire excellence. Wise leaders, on the other hand, help their people practice character to navigate their way through the turbulence—without lowering performance expectations. As a result, their people are more reliable under pressure. Exception to the Rule links ancient wisdom with contemporary science on high performance, teamwork, and engagement. Building an organizational culture based on classical virtues—of trust, compassion, courage, justice, wisdom, temperance and hope—is both strategically smart and a better way to live. Exception to the Rule walks you through the steps of helping everyone in your organization focus on character defined by virtue. The word virtue means excellence, which is why each one is essential to help people perform at a high level despite uncertainty and pressure. Under character-based leadership, teams work better together, creativity flourishes and engagement increases. The most powerful idea of Exception to the Rule is this: character defined by virtue is not based on birthright; it can be learned and practiced. Everyone can develop habits to become better than they were. While character cannot be legislated, character can be cultivated. As virtue proves its value, the culture you have can evolve into the culture you need. Wisdom comes with living a long life, full of rich experiences and can't be learnt, right? Wrong. In the Textbook of Wisdom bestselling author Edward De Bono (Lateral Thinking, Serious Creativity) explains how you do not have to have lived forever to benefit from the experience of those who have. Full of thinking tools guidelines and principles this 'textbook' encourages the use of values and emotions to guide you through life without allowing them to enslave you. Split into short, digestible sections perfect for grazing rather than devouring, Textbook of Wisdom is perfectly designed so you can return again and again, mining for wise words to carry through life that will open your mind to creativity and new possibilities.

In today's technology companies, only 10% of women find themselves in executive roles. This book offers a fresh, anecdotal look at why - and provides an insider's view of life in a tech start-up. In Come into My Office: Stories from an HR Leader in Silicon Valley, you'll dive head first into the start-up world through the eyes of award-winning executive Mai Ton. Having pioneered leadership roles at a wide range of start-ups, often as one of the first women and minorities in a senior role, her perspective offers a rare, behind-the-scenes glimpse into one of today's most powerful industries. As you read her stories and advice, you'll discover: How young tech CEOs navigate the ever-changing life of start-ups How I found out that men's bladders can expand to the size of a basketball How it feels to be the only woman at the executive table Come into My Office is a must-read for tech leaders, HR professionals, women, and anyone who wants to know what really happens behind closed doors in private moments.

Provides a guide for executives seeking to coach and motivate their employees, explaining how to encourage and develop the talents of their staff to increase productivity, profitability, loyalty, and customer focus.

This enchanting story uses Lewis Carroll's Alice's Adventures in Wonderland to explain personal and business coaching in a magical and entertaining adventure. A host of fanciful characters show readers how to have an effective coaching conversation from start to finish, and to reach real world outcomes in a more transformative way. In this captivating story, Alice finds herself turning into a pizza, going straight to jail on the Monopoly board and embarking on a space flight. Along the way she meets a helpful turtle, a charismatic ladybird and a fox with some personal problems, among a cast of curious characters. Research shows that learning is often better retained when made fun and stimulating. This book delivers the most rigorous and advanced textbook coaching theory, including the GROW model, contracting and feedback, in a uniquely engaging and mesmerising manner. The structure and sequence of the material is based on a tried and tested progression that the author has refined through his training and workshops over many years. This groundbreaking approach to learning to coach will do for coaching what Who Moved My Cheese did for managing change.

Through his intelligent, appealing integration of Eastern philosophy and practical advice, Laurence G. Boldt has helped thousands of readers find personal satisfaction in their work and personal lives. Now he applies these principles to the subject of abundance: How do we achieve material wealth without sacrificing our souls? In The Tao of Abundance, Boldt applies ancient wisdom to modern times, presenting eight guiding principles from Taoist philosophy geared to help readers make practical life changes that will bring them a truer and deeper sense of abundance. Boldt encourages readers to strike a balance between material and spiritual wealth--not to favor one over the other--and argues that increased material wealth comes as a natural byproduct of psychological fulfillment. With exercises designed to help readers find their own balance between societal demands and their own deepest desires, this helpful, inspiring book offers the chance to experience a new feeling of abundance in all aspects of life.

Coaching is one of the most sought-after leadership skills - vital for anyone who wants to develop a team of people who will perform effectively, but are also motivated and relish working together. It's also a dynamic discipline which, in recent years, has developed and grown to embrace theory and practice from a wide range of other disciplines, frameworks and models. Mastering Coaching starts by asking what skills an effective coach must now possess to boost the performance of their coachees. In response, it summarises the most important research in areas such as neuroscience, sports psychology and mindfulness, positive psychology, mastery and goal-setting and offers a clear, simple and practical guide to how this new thinking can help coaches and managers to develop their own coaching practice. Written by Max Landsberg, executive coaching and professional development expert and author of the perennial bestseller The Tao of Coaching, Mastering Coaching goes beyond the basics of coaching by providing insights which offer a proven route map to coaching success. Practical and jargon-free, the book will equip readers with the techniques and tools necessary to take their coaching to the next level.

The single most important skill in coaching is asking powerful questions. In this volume, master coach trainer Tony Stoltzfus joins with 12 other professional coaches to present dozens of valuable asking tools, models and exercises, then illustrates these coaching strategies with over 1,000 examples of penetrating questions. Covering the gamut from basic techniques like options and actions to advanced concepts such as challenge and reframing, Coaching Questions is a book that will find a home on any coach's short list of handy references. Coaching Questions: A Coach's Guide to Powerful Asking Skills includes: 1. Dozens of asking tools, models, and strategies. 2. The top ten asking mistakes coaches make, and how to correct each one. 3. Nearly 1200 examples of powerful questions from real coaching situations. 4. Destiny discovery tools organized in a four-part life-purpose model. 5. Overviews of 15 popular coaching niches, with a tool and examples for each. 6. A schedule of training exercises to help you become a "Master of Asking".

A new edition of the bestseller • The first book to reveal in the West the Taoist techniques that enable women to cultivate and enhance their sexual energy • Reveals Taoist secrets for shortening menstruation, reducing cramps, and compressing more chi into the ovaries for greater sexual power • Teaches the practice of total body orgasm For thousands of years the sexual principles and techniques presented here were

taught by Taoist masters in secret only to a small number of people (sworn to silence), in the royal courts and esoteric circles of China. This is the first book to make this ancient knowledge available to the West. The foundation of healing love is the cultivation, transformation, and circulation of sexual energy, known as jing. Jing energy is creative, generative energy that is vital for the development of chi (vital life-force energy) and shen (spiritual energy), which enables higher practices of spiritual development. Jing is produced in the sexual organs, and it is energy women lose continually through menstruation and child bearing. Mantak Chia teaches powerful techniques developed by Taoist masters for the conservation of jing and how it is used to revitalize women's physical, mental, and spiritual well-being. Among the many benefits conferred by these practices are a reduction in the discomfort caused by menstruation and the ability to attain full-body orgasm. Coaching delivers high performance in you, your team, and your organization. "Coaching for Performance is the proven resource for all coaches and pioneers of the future of coaching." - Magdalena N. Mook, CEO, International Coach Federation (ICF) "Shines a light on what it takes to create high performance." - John McFarlane, Chairman, Barclays, Chairman, TheCityUK Coaching for Performance is the definitive book for coaches, leaders, talent managers and professionals around the world. An international bestseller, featuring the influential GROW model, this book is the founding text of the coaching profession. It explains why enabling people to bring the best out of themselves is the key to driving productivity, growth, and engagement. A meaningful coaching culture has the potential to transform the relationship between organizations and employees and to put both on the path to long-term success. Written by Sir John Whitmore, the pioneer of coaching, and Performance Consultants, the global market leaders in performance coaching, this extensively revised and extended edition will revolutionize the traditional approach to organizational culture. Brand-new practical exercises, corporate examples, coaching dialogues, and a glossary strengthen the learning process, whilst a critical new chapter demonstrates how to measure the benefits of coaching as a return on investment, ensuring this landmark new edition will remain at the forefront of professional coaching and leadership development. From the bestselling author of The Tao of Coaching comes a book on how to motivate and inspire others - and yourself! Motivation is much more than just a few words of praise. It is an essential skill which anyone can learn, and with which you can have an indelible, positive impact on yourself and others. Yet most of us are never taught this crucial life skill. In this book, bestselling author Max Landsberg fills that gap, providing simple tools, tips and techniques that really work. One of the key points of the book is, you cannot motivate someone else if you are not motivated yourself. Landsberg examines what it takes to motivate yourself, at work and at home, as the basis for inspiring and motivating those around you.

Together, these authors have more first-hand experience in leadership development and succession planning than you're likely to find anywhere else. And here, they show companies how to create a pipeline of talent that will continuously fill their leadership needs-needs they may not even yet realize. The Leadership Pipeline delivers a proven framework for priming future leaders by planning for their development, coaching them, and measuring the results of those efforts. Moreover, the book presents a combination leadership-development/succession-planning program that ensures a steady line-up of leaders for every critical position within the company. It's an approach that bolsters the retention of intellectual capital as it eliminates the need to go outside for expensive "stars," who will probably jump ship before they reach their full potential anyway.

"Philippe Rosinski is a leader in the coaching field. Coaching Across Cultures reveals his pioneering multi-cultural approach and innovative global perspective. His book is a treasure for anyone eager to learn how to effectively facilitate human fulfillment and responsible growth." - Laura Berman Fortgang, Author of Take Yourself to the Top and Living Your Best Life As coaches and clients increasingly realize, the demands of business mean that it is now vital to integrate, understand and leverage cultural differences across countries and corporations. Coaching Across Cultures bridges the gap between coaching and interculturalism.

If you speak in public--or want to--this fast-paced, entertaining, and actionable book is for you! "Speak Like Yourself... No, Really!" will help you communicate more effectively and authentically. It provides insights, encouragement, and step-by-step instructions to develop your best speaking style and use it not just for podium presentations, but in meetings, pitches, networking events, jobs interviews, and more. This uniquely effective and personal approach has worked for hundreds of the author's private public speaking clients, and it will work for you! Clear, concise, hands-on, and reader friendly, this is a coaching guide written in a coaching style.

The Agilist's Guidebook- A Reference for Organizational Agile Transformation, this workbook is for all Agilist who choose to enable organizational agile transformation. Competitive pressure and fundamental changes will remain the hallmark of the business environment. Thus the need for new and upgraded skills will continue. Lifelong learning is not simply an educational concept; it is a business necessity. This workbook has emphasized pragmatic challenges we come across during agile transformation and how we can fortify ourselves to surmount all these challenges. This workbook consists of five distinct areas like Organizational coaching, the overall mindset of the team members, Leadership capability, Building a high-performance team, Organization development (Structure and Culture). These five pillars are five elements of the Panch Bhoota Model. If these five elements are not purified or malfunctions, we become ill. As an organization is not a machine, it is an organism, leaders have to take care of these five elements by learning about them and strengthening these elements so that the organization does not get affected by a foreign threat, much like a virus or a bacteria. The political, economic, social, technological, legal environment can threaten an organizations survival. When the organization is stable in these five elements, it can cope with any challenge thrown by the external environment. This workbook will feature some of the challenges and approaches in handling these areas. This workbook will guide the reader to evaluate their present skills and take action wherever improvement is desired. The author has highlighted many Mindmaps, checklist, thought-provoking questions for the readers to reflect on and take action, and has emphasized many case studies in this book to make the book practical for the reader. The author had shared many theoretical concepts for the reader to do further research in and enhance learning in those areas. This workbook is a compendium means it is a compilation of concise but detailed information about a specific subject, in this case, Organizational Agile transformation.

This book lucidly illustrates how a leader can bring out the very best in people by coaching them, and how coaching can unleash creativity as well as innovation while inspiring teams to play to their potential. It also examines how coaching helps leaders maintain a fine balance between managing and guiding, and between appraising and supporting their teammates. While many excellent books have been written about leadership, talent and coaching, this is a rare book that stands boldly at the intersection of leadership and coaching. This is a book for our times. Businesses are facing a new reality, characterized by a VUCA (volatile, uncertain, complex and ambiguous) world. This new reality has forced organizations to depart from conventional command-and-control practices to a completely new model - a model in which leaders support and guide, rather than instruct and control, their team members. Exploring some of the key ingredients of impactful leadership, Coaching offers tips and tricks, backed by research and incisive insights, on how to become an

effective leader-coach. Peppered with interesting anecdotes and analogies, drawn from sports, performing arts and other walks of life, the book is a breezy read. Interviews with corporate leaders and academics further enrich the narrative. Guaranteed to make for a very interesting read, the book will be useful to leaders, aspiring leaders and especially those that wish to transition from being just good leaders to extraordinary ones.

Discover How To Make Your First \$1000 Online and Quit Your Day Job! Now includes a special FREE REPORT "3 Fool Proof Ways To Use Social Media To Boost Your Internet Marketing Efforts" at the end of this book! This book contains proven steps and strategies on how to earn your first \$1000 in passive income from the comfort of your home using affiliate marketing. Full of fresh ideas, step-by-step instructions and screenshots, even a complete beginner can take advantage of this information and start to make money from home and build a successful online business. Do you need some extra cash in your pocket to pay the bills, or save up for Christmas? A little extra income to buffer your savings? How about setting up a full-time business at home? Earning an income online using affiliate marketing is a perfect way to do all these things, without spending huge amounts of time or money doing it. There are lots of different ways to earn some money online, from setting up a blog, using YouTube to have your say, or selling products through eBay. This guide will teach you several ways to get your online business going. Soon, you'll be earning your first \$1000 through passive income! In This Book You Will Learn... The Basics of Passive Income Blogs and Websites Building a Subscriber Base Charging For a Community Making an App YouTube Videos Making a Podcast Selling Products Take action today and start building your online business empire!

What are the critical success factors in effective executive coaching? What are the key competencies of a psychologically-informed coach? What are the similarities and differences between coaching and therapy? This book provides business coaches and management consultants with the framework for a psychological approach to executive coaching. It shows how performance-related issues in the workplace often have a psychological dimension to them and provides the reader with an understanding of how to work in more depth to help people resolve their issues and unlock their potential. It analyzes what constitutes effective coaching, stressing the importance of sound coaching principles, good coaching process, the desirable competencies of the coach, the importance of the coaching relationship and the issue of "coachability". It also examines the impact of a stronger psychological approach to coaching, exploring the key psychological competencies required, how to develop them, and the training and supervision issues implicit in this approach. A recurrent theme is the personal development of the coach throughout the coaching process and Peter Bluckert highlights the contribution that the Gestalt perspective offers the coach, through the use of self as instrument of change. Anecdotes, stories and case samples are used throughout the book to illustrate situations so that the reader builds a picture of what psychologically-informed coaching looks like and how to practice ethically, responsibly and competently. Psychological Dimensions to Executive Coaching provides business and executive coaches, management consultants, human resource specialists, corporate executives/senior managers, health/social workers, occupational psychologists, teachers, psychotherapists and counsellors with the essential information they need to be successful coaches and empower their clients.

The essence and success of The Tao of Coaching has always been its focus on the practical tips and techniques for making work more rewarding through the habit of coaching - and this philosophy continues to underpin this brand new reissue. The book's premise is simple: that to become an effective coach, managers and leaders need master only a few techniques, even though mastery obviously requires practice. Each chapter focuses on a specific technique - or Golden Rule - of coaching to help practice make perfect. Tried and tested by generations within and beyond the workplace, this succinct and engaging book gives readers the tools to: - create more time for themselves, by delegating well - build, and enjoy working with, effective teams - achieve better results - enhance their interpersonal skills. It demonstrates that coaching is not simply a matter of helping others and improving performance, but is also a powerful force for self-development and personal fulfilment.

In Coach Yourself to Success Talane Miedander shares the same core principles that she applies when personally coaching executives and international business leaders from companies such as AT&T, Chase Manhattan Bank, and Giorgio Armani. Talane shows readers how to tap into their natural motivation and leverage their strengths to achieve the results they desire.

getAbstract Summary: Get the key points from this book in less than 10 minutes. Drawing on 30 years of experience, coaching expert Max Landsberg updated and expanded this third edition of his bestseller. He organizes his model - which shows how to conduct Socratic coaching by asking strategic questions - into concise chapters, each articulating a main concept. Chapters begin with a relevant cartoon and a pithy motto, and close with charts showing the problems that Landsberg addressed and the solutions he suggested. Multiple appendices give managers specific evaluation tools and exercises. Landsberg teaches the real, heavy lifting of building up people's achievements in the workplace. Happily, his book is not burdensome; it's highly readable and sliced into easily digested bites. He helps you exercise a psychological skill, one on one, without drifting into therapeutic counseling. getAbstract recommends Landsberg's enlightened, easy-to-use "toolkit" to anyone seeking to become a great coach and to those who are being coached. Book Publisher: Profile Books

Based on data and insights from over 100k virtual and in-person coaching conversations conducted by the talented coaches of BTS Coach, comes the first book to take BTS Coach's evidence-based coaching process to a mass audience. In a concise, easy-to-understand manner, the book reveals 4 mindsets (Be, Relate, Think, Inspire) that are most critical for individuals to experience deep, meaningful change, along with the process and tools for sparking their own powerful conversations to get the best out of themselves and those around them.

Using new coaching skills at work can be pretty daunting. Thinking up questions "in the moment" can put you under extra

pressure, and when you're already stretching into a new way of talking to your team that can feel stressful. You want to use your new coaching conversation skills, but you don't have time to create questions to support you. What if you had a collection of ideas for questions to ask in some of the most common conversations at work? Conversations like these: 1. Creating performance objectives 2. Coaching under performance 3. Creating career goals 4. Debriefing a project 5. Identifying motivators 6. Creating better work-life balance 7. Coaching over or under-utilization 8. Encouraging involvement 9. Exploring talents 10. Coaching for retirement 11. Coaching a workplace returner 12. Presentation skills coaching 13. Coaching a sensitive personal issue 14. Coaching to embed learning 15. Coaching to explore sales outcomes 16. Growing HR Business Partner skills 17. Growing a Coaching Culture 18. Backwards Coaching 19. Event Planning 20. Solution focused coaching questions This book contains over 500 coaching style questions to help you grow your confidence in conversations that drive accountability and results. Use it as a guide to design your own conversations, or use it to help your team reflect on what they might like to talk to you about, or you can even use it as a companion for delivering training programs that teach coaching. Here's what readers have said: "A vital guide to coaching conversations at work to deliver great business results" Graham Alexander, founder of the Alexander Corporation, originator of the GROW model and author of SuperCoaching and Tales from the Top. "A brisk, no nonsense style eBook which will be truly helpful to people who want to coach their team," Alison Hardingham - International Best Selling author of eight books, and Director of Business Psychology at Yellow Dog Consulting UK. 'Easily the best collection of coaching questions I've ever come across. As a professional coach whose clientele consists primarily of managers and executives, I know that I will be using many of the pages of this wonderful little book many, many times.' Pierre Gauthier Certified Integral Coach (TM), Canada Inside this book, you will find a toolkit for building your coaching confidence, along with ideas of how to use a coaching approach to support your team into a more positive and engaging culture.

"Looking to achieve greater results by creating a high-accountability culture in your organization? This book shows you how! By implementing this Accountability process, you can take your team to new levels of excellence. The practical methods outlined in this book will guide you to increase your personal and organization's success". --book cover.

The Provocative and Practical Guide to Coaching Agile Teams As an agile coach, you can help project teams become outstanding at agile, creating products that make them proud and helping organizations reap the powerful benefits of teams that deliver both innovation and excellence. More and more frequently, ScrumMasters and project managers are being asked to coach agile teams. But it's a challenging role. It requires new skills—as well as a subtle understanding of when to step in and when to step back. Migrating from “command and control” to agile coaching requires a whole new mind-set. In Coaching Agile Teams, Lyssa Adkins gives agile coaches the insights they need to adopt this new mind-set and to guide teams to extraordinary performance in a re-energized work environment. You'll gain a deep view into the role of the agile coach, discover what works and what doesn't, and learn how to adapt powerful skills from many allied disciplines, including the fields of professional coaching and mentoring. Coverage includes Understanding what it takes to be a great agile coach Mastering all of the agile coach's roles: teacher, mentor, problem solver, conflict navigator, and performance coach Creating an environment where self-organized, high-performance teams can emerge Coaching teams past cooperation and into full collaboration Evolving your leadership style as your team grows and changes Staying actively engaged without dominating your team and stunting its growth Recognizing failure, recovery, and success modes in your coaching Getting the most out of your own personal agile coaching journey Whether you're an agile coach, leader, trainer, mentor, facilitator, ScrumMaster, project manager, product owner, or team member, this book will help you become skilled at helping others become truly great. What could possibly be more rewarding?

This complete guide to life coaching reveals what life coaching IS, how to coach yourself and others effectively and how to create and sustain a successful coaching practice. Leading you through a comprehensive programme of Advanced Life Coaching Skill The Life Coaching Handbook is the essential guide for life coaches, and a key sourcebook for NLP practitioners, human resources managers, training professionals, counsellors and the curious. Curly Martin is a professional life coach, author, trainer and internationally qualified NLP Master Practitioner. Coaching for more than twenty years, her clients include celebrities, CEOs, directors and doctors.

This extensively revised and expanded new edition clearly explains the principles of coaching, with illustrations from business and sport.

The Tao of Coaching Boost Your Effectiveness at Work by Inspiring and Developing Those Around You Profile Books Improving the performance of your employees involves one of the hardest challenges in the known universe: changing the way they think. In constant demand as a coach, speaker, and consultant to companies around the world, David Rock has proven that the secret to leading people (and living and working with them) is found in the space between their ears. "If people are being paid to think," he writes, "isn't it time the business world found out what the thing doing the work, the brain, is all about?" Supported by the latest groundbreaking research, Quiet Leadership provides a brain-based approach that will help busy leaders, executives, and managers improve their own and their colleagues' performance. Rock offers a practical, six-step guide to making permanent workplace performance change by unleashing higher productivity, new levels of morale, and greater job satisfaction.

A new, revised and completely updated edition of the bestseller about what it takes to be an effective and inspiring leader - from the author of the The Tao of Coaching Leadership can be learned. This practical and compelling guide offers the tools and techniques to help you build the necessary skills. It will enable any manager and executive to hone their skills in leading teams, departments, divisions and indeed whole corporations. At a time when leadership is not the exclusive territory of the CEO - each of us is placed in a position of having to lead something at sometime - this book is relevant to

practically anyone, especially those who are in positions of management or aspire to it. Landsberg argues that anyone who personally engages with his team to create Vision and Inspiration and Momentum will almost certainly be regarded as a leader. This book shows you how to do that.

Personality changes are conventionally frowned upon, but Carter shows that in today's world the ability to switch from one personality to another according to what is demanded of us is a huge strength, providing one's personalities work together as a team rather than against each other.

Cloistered walls not for her, twenty-six year old dropout nun, Heather Lynn Lucas, is following her passion as an aspiring novelist. Pen name H. L. Lucas, a first novel written, having no luck finding a publisher, Satan shows up with an offer for publishing fame and fortune. Pondering Satan's offer, Heather has her novel published as an e-book. Certain a review in the local newspaper will boost sales, she attempt to contact the prestigious book editor of the top local newspaper, Joseph Hartman. Spurned by Hartman, who professes to hate e-books, she attends the newspaper's annual writing conference where she hopes to enlighten the editor. Concerned he will recognize her name from previous attempts to contact him, she attends as Lillian Carol. Hartman is not the stuffed shirt she expected and she engineers a lunch meeting with him, which leads to a disastrous dinner date. Dejected, Heather signs with Satan and insists on an out clause. But will Satan's conditions be more than she bargained for?

Is he dead? Medina, Saudi Arabia. A young man, Malek, has been brutally attacked for being of the 'wrong' race. Malek's lover, Leen, waits by his bedside and reflects on their relationship and her life as an unmarried, childless woman. All around her are voices of judgment and concern; in the twenty-first century it is still unforgivable, and dangerous, for a Saudi woman to enter into a relationship with a black man. In the distance US planes hover over Iraq, primed to embark on yet another senseless conflict. Malek's attacker was Leen's brother. Flinging wide a window onto the second holiest Islamic city – a city in which people observe daily prayers and preach equality and justice – Days of Ignorance is a novel about honour, hypocrisy, war and fear. And, glimmering beyond, beneath and behind it all, love.

An adventure across a thousand miles of Scotland's mountains. In this personal guide to the triumphs, hardships and perils of scaling the Munros, Landsberg brings the joys and pitfalls of hill-climbing to life. Landsberg's adventures are presented in vivid detail, with insights ranging from encompassing the wonder of unique experiences like seeing the birth of a deer to the mundane delight of the flavour of sandwich he had on a given day. Throughout his account, Landsberg provides an in-depth insight into his growing obsession with climbing the Munros and its effect on his physical, emotional and spiritual development. With insights on the history, culture, ecology and geology of Scotland's mountains and guides to Gaelic place names, mountain safety and an analysis the science of walking, this book provides a complete guide for anyone looking for adventure in the Highlands, and is sure to inspire anyone who reads it to go climb a rock! Excerpt: One day I walked into these mountains, and I never came all the way back. For though Scotland's mountains may not be the highest in the world, they are certainly amongst the most awe-inspiring and enchanting. From the towering pinnacles of Skye, to the high rolling plateau of the Cairngorms; from the bonnie braes of Ben Lomond to the weeping cliffs of Glencoe; from the rocky battlements that encircle Loch Arkaig, to the gentle folds of Ben Lawers as it spills down to Loch Tay: here are offered scenes of unrivalled splendour, landscapes of unparalleled variety, and a magic ground for personal connection, inspiration, and transformation. These are places of accessible adventure - we leave behind the safety of the lush glen to cross the swooping moor, clamber up through craggy corridors, and with silver chuckling burn then spatey cascade as our sometime guide we reach at last the grand summits of these lands. Here beneath a hundred rainbows lie a hundred pots of gold - unclaimed scenic ingots that are yours for the taking and to which I hope to lead you, on a journey for body, for mind, and perhaps for something deeper.

The Coaching Bible is a practical and inspiring new book from the UK's top coaches Ian McDermott and Wendy Jago, authors of The NLP Coach and Your Inner Coach. Coaching has become an integral part of our lives, but people still need to know how to make the most of what coaching can offer. The Coaching Bible is the only book on coaching that you need. It offers unique, valuable and expert advice to help you if: You are thinking about getting a coach to help you become more effective; You commission coaching to develop other people; You are considering becoming a coach yourself; You are already a coach and want to extend your knowledge and your skills; You want to learn how to adopt a coaching approach to your own life. This is a comprehensive and authoritative guide to the key principles and techniques that make coaching one of the most powerful and exciting tools for furthering personal and professional effectiveness. It explains what works and why and includes a new coaching model to benefit everyone.

The Inner Coach is a practical and inspiring new book from the authors of The NLP Coach. NLP master practitioner and executive coach Ian McDermott and NLP practitioner and psychotherapist Wendy Jago combine their expertise to provide a step-by step self-coaching guide. They show you how you can make the most of all of yourself once you learn how to access and harness the hidden power of your unconscious mind. Discover how to: Access your inner wisdom; Make the most of your gut feelings, dreams and intuitions; Use simple NLP techniques to access your subconscious mind; Find your purpose and identify your goals; Harness your inner wisdom to deliver insights, resolve problems, enhance creativity, improve decision making, increase confidence and communication skills; Use the right questions to achieve the right answers; Become your own inner coach

Fleeing home from his military service in Afghanistan when his wife dies in an apparent freak household accident, Dr. Mike Scanlon struggles with the tragedy, his inability to bond with his new baby daughter and a downsizing in his medical practice only to discover a shocking secret that changes his understanding of everything. By the Edgar Award-winning author of Come Home. 300,000 first printing.

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