"Coaching Awareness"
Meet & Greet Events at Borders Bookstores

9th Annual International Coaching Week, February 4 – 10, 2007

Event co-hosted by and booklist compiled by volunteer coach members of the Professional Coaches Association of Michigan and the SE Michigan International Coaching Federation Chapter

SAMPLE COACHING BOOKLIST

Non-Fiction:

Coaching for Performance by John Whitmore
Simple coaching process (GROW) that is applicable in any setting for self-coaching or client-coaching.

Transitions: Making Sense of Life's Changes by William Bridges
This book takes the reader step-by-step through the three perilous stages of any transition: endings, neutral zone, new beginning. It explains how each stage can be understood and embraced, and provides strategies for coping with these difficult, painful and confusing times in life.

Feel the Fear and Do It Anyway by Susan Jeffers, Ph.D.
With understanding and humor, the reader is provided with dynamic techniques and profound concepts that work for turning fear, indecision and anger into power, action and love.

Now, Discover Your Strengths by Marcus Buckingham & Donald Clifton
Shows leaders how to develop their unique strengths and why the data proves this is a success strategy. And there is a great test you can take on-line to begin to discover your strengths.

Your Soul at Work: Five Steps to a More Fulfilling Life and Career (including the Career and Life Workbook) by Nicholas Weiler & Stephen Schoonover M.D.
This book addresses the frustration and unhappiness many Americans are experiencing in the workforce today. By bridging the gap between spiritually oriented "self-help" books and business-oriented "how-to" career development books, readers are enabled to use the workbook to integrate their career endeavors with their more personal and spiritual needs to ultimately find vocations and lives with real meaning.

Finding Our Own North Star: Claiming the Life You Were Meant to Live by Martha Beck, Ph.D.
This book offers a proven step-by-step program that will help you take the journey to your own ideal life. The reader is taught how to read their internal compasses, articulate core desires, identify and repair the unconscious beliefs that block progress through to the planning and implementation of a more satisfying life.

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment by Martin Seligman, Ph.D.
A delightful and richly insightful yet practical book, which guides readers to make positive choices in life. The book provides tools needed in order to ascertain the reader's most positive traits and strengths. Then it teaches how to call upon them in the crucial realms of your life - health, relationships, career – to achieve new and sustainable levels of authentic contentment, gratification and meaning.

The Confidence Plan - How to Build A Stronger You by Tim Ursiny
The book takes a holistic approach to guide you through the science and habit of optimism and success. It is a smart and practical book that addresses the five essential elements that can help you boost your self-confidence.

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Emotional Intelligence by Daniel Goleman
Everyone knows that high IQ is no guarantee of success, happiness, or virtue, but until this book, we could only guess why. Written from the frontiers of psychology and neuroscience, it offers startling new insight into our "two minds" - the rational and the emotional - and how they together shape our destiny and determine our success in relationships, work, and even our physical well-being.

Difficult Conversations: How to Discuss What Matters Most by Douglas Stone, Bruce Patton, Sheila Heen of the Harvard Negotiation Project
No matter how competent we are, we all have conversations that cause anxiety and frustration. This book can help. The reader learns, through a proven step-by-step approach, how to have their toughest conversations with less stress and more success.

Learned Optimism: How to Change Your Mind and Your Life by Martin E. Seligman, Ph.D.
This book offers an easy-to-follow new approach to living with "flexible optimism," allowing the reader to learn how to rise above pessimism and depression that accompanies negative thoughts and build a life of rewards and lasting happiness.

Coming To Our Senses: Healing Ourselves and the World Through Mindfulness by Jon Kabat-Zinn
This book invites the reader to sanity, offering a practical, life-altering way to cut through the clutter in our minds and find what truly matters. It shines as a wise, down-to-earth, and just plain fun guide toward understanding our own basic goodness.

When God Winks: How the Power of Coincidence Guides Your Life by Squire Rushnell
This book opens your mind to the possibility that this universe still has secrets to be learned. Through stories in history, sports, medicine and relationships of both everyday and famous people, the author introduces a compelling theory. The reader learns how seemingly random events are actually signposts that can help them successfully navigate their career, relationships and interests to improve their lives.

Radical Acceptance: Embracing Your Life with the Heart of a Buddha by Tara Brach, Ph.D.
Step by step, this book shows how we can stop being at war with ourselves and begin to live fully every precious moment of our lives. It includes day-to-day practical guidance, personal stories and client case histories, fresh interpretations of Buddhist tales and guided meditations.

The Richest Man Who Ever Lived: King Solomon's Secrets to Success, Wealth and Happiness by Steven Scott
At once inspiring and instructive, this book weaves the timeless truths of one of our greatest works of literature, the book of Proverbs, into a detailed roadmap for successful living today. It provides insights and breakthrough strategies to achieve a life of financial success and personal fulfillment.

Fiction:

The Alchemist by Paulo Coelho
A fable about the treasures a young boy, Santiago, finds along his journey which teaches readers, as only a few stories have done, about the essential wisdom of listening to our hearts, learning to read the omens strewn along life's path, and, above all, following our dreams.

Way of the Peaceful Warrior by Dan Millman
A classic tale, told with heart and humor, speaks to the peaceful warrior in each of us. A spiritual saga that helps readers re-discover life's larger meaning and purpose and creates an opening to change their lives.

Ten Poems to Change Your Life by Roger Housden
This book shares how these astonishing poems can inspire you to live what you always knew in your bones but never had the words for. Some of the poets included are Mary Oliver, Walt Whitman, Kabir, Pablo Neruda and St. John of the Cross.