Helping People Change - Frederick H. Kanfer - 1980

You're trying to help—but is it working? Helping others is a good thing. Often, as a leader, manager, doctor, teacher, or coach, it's central to your job. But even the most well-intentioned efforts to help others can be undermined by a simple truth: We almost always focus on trying to "fix" people, correcting problems or filling the gaps between where they are and where we think they should be. Unfortunately, this doesn't work well, if at all, to inspire sustained learning or positive change. There's a better way. In this powerful, practical book, emotional intelligence expert Richard Boyatzis and Weatherhead School of Management colleagues Melvin Smith and Ellen Van Oosten present a clear and hopeful message. The way to help someone learn and change, they say, cannot be focused primarily on fixing problems, but instead must connect to that person's positive vision of themselves or an inspiring dream or goal they've long held. This is what great coaches do—they know that people draw energy from their visions and dreams, and that same energy sustains their efforts to change, even through difficult times. In contrast, problem-centered approaches trigger physiological responses that make a person defensive and less open to new ideas. The authors use rich and moving real-life stories, as well as decades of original research, to show how this distinctively positive mode of coaching—what they call "coaching with compassion"—opens people up to thinking creatively and helps them to learn and grow in meaningful and sustainable ways. Filled with probing questions and exercises that encourage self-reflection, Helping People Change will forever alter the way all of us think about and practice what we do when we try to help.


Since the initial publication of this classic text, motivational interviewing (MI) has been used by countless clinicians in diverse settings. Theory and methods have evolved ap ace, reflecting new knowledge on the process of behavior change, a growing body of outcome research, and the development of new applications within and beyond the addictions field. Including 25 nearly all-new chapters, this revised and expanded second edition now brings MI practitioners and trainees fully up to date. William R. Miller and Stephen Rollnick explain how to work through ambivalence to facilitate change, present detailed guidelines for using their approach with a variety of populations, and answer two questions: "How does a counselor help people change?" and, "How does Scripture provide the source of a counselor's method?" How to Help People Change has much to say about the ongoing discussion of the relationship between theology and psychology in the enterprise of Christian counseling.
Exercises for student, practitioner and client, boxed summaries, diagrams, checklists and sources of further address such special topics as MI and the stages-of-change model; using the approach with groups, couples, and adolescents; and applications to general medical care, health promotion, and criminal justice settings.

**Motivational Interviewing** - William Richard Miller - 1991
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**You Can Change Other People** - Peter Bregman - 2021-09-15
Discover how to change the lives of the people around you In You Can Change Other People, the world’s #1 executive coach, Peter Bregman, and Howie Jacobson, Ph.D., share the Four Steps to help the people around you make positive change — even if they’ve been stuck for years. The authors rely on over 50 years of collective professional experience to show you exactly what to say to influence those around you for the better. Changing the way you talk will stop you from being perceived as a critic, and turn you into a welcomed and effective ally. You’ll learn how to: Disarm their defensiveness and increase their confidence to act Turn people’s biggest problems into life-changing opportunities Ensure accountability and follow through without making them dependent on you No one wants to be changed; but change and personal growth are critical to success, and more importantly, to a fulfilled life. You Can Change Other People is a must-read for those who want to improve their impact with co-workers, family members, and everyone in between.

**Who Says You Can’t? You Do** - Daniel Chidiac - 2018-01-09
Offers a seven step guide to discovering the true self, committing to life, and pushing beyond limits.

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**An Introduction to Transactional Analysis** - Phil Lapworth - 2011-06-20
This thoroughly revised edition of Transactional Analysis Counselling introduces the theory and practice of TA - which integrates cognitive behavioural and psychodynamic theories within a unique relational perspective. While most TA books focus on one field, this approach demonstrates the benefits of TA across a wide variety of helping settings, business and management, education and coaching as well as counselling. Case studies from a variety of contexts bring TA to life for trainees in any of these disciplines, and the accessible, engaging writing style makes difficult concepts understandable for undergraduates and postgraduates alike. Bringing their book into the twenty-first century, expert authors Phil Lapworth and Charlotte Sills provide a brief history of TA followed by individual chapters on the concepts and techniques used. Each chapter is devoted to one concept and includes a detailed definition and description, and suggestions for application in practice.

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**Beyond Addiction** - Jeffreoy Foote - 2014-02-18
Leading innovators in progressive addiction treatment outline a science-based program for overcoming addiction-related problems, demonstrating how to effectively use positive reinforcement and motivational and behavioral strategies. (Self-Help)

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**Motivational Interviewing in Health Care** - Stephen Rollnick - 2008-01-01
Much of health care today involves helping patients manage conditions whose outcomes can be greatly influenced by lifestyle or behavior change. Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices. Engaging dialogues and vignettes bring to life the core skills of motivational interviewing (MI) and show how to incorporate this brief evidence-based approach into any health care setting. Appendices include MI training resources and publications on specific medical conditions. This book is in the Applications of Motivational Interviewing series.

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**Switch** - Chip Heath - 2010-02-16
Why is it so hard to make lasting changes in our companies, in our communities, and in our own lives? The primary obstacle is a conflict that’s built into our brains, say Chip and Dan Heath, authors of the critically acclaimed bestseller Made to Stick. Psychologists have discovered that our minds are ruled by two different systems - the rational mind and the emotional mind—that compete for control. The rational mind wants a great beach body; the emotional mind wants that Oreo cookie. The rational mind wants to change something at work; the emotional mind wants to change something at home. This tension can doom a change effort - but if it is
Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities. The author is an experienced MI researcher, clinician, and trainer who facilitates learning with quizzes, experiential exercises, and reproducible worksheets. The reader learns step by step how to practice core MI skills: raising the importance of behavior change, fostering the client’s confidence, resolving ambivalence, solidifying commitment to change, and negotiating a change plan. The utility of the book is enhanced by the large-size format and lay-flat binding. The book shows how to navigate each session using microskills that many clinicians already know: open-ended questions, affirmations, reflective listening, and summaries, or OARS for short. This book is in the Applications of Motivational Interviewing series.

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Changing Minds - Howard Gardner - 2006-09-01

Think about the last time you tried to change someone’s mind about something important: a voter’s political beliefs; a customer’s favorite brand; a spouse’s decorating taste. Chances are you weren’t successful in shifting that person’s beliefs in any way. In his book, Changing Minds, Harvard psychologist Howard Gardner explains what happens during the course of changing a mind - and offers ways to influence that process. Remember that we don’t change our minds overnight, it happens in gradual stages that can be powerfully influenced along the way. This book provides insights that can broaden our horizons and shape our lives.

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Building Motivational Interviewing Skills - David B. Rosen gren - 2012-09-26

Developing expertise in motivational interviewing (MI) takes practice, which is exactly the point of this engaging, user-friendly workbook. The volume is packed with real-world examples from a range of clinical settings, as well as sample interactions and hands-on learning activities. The author is an experienced MI researcher, clinician, and trainer who facilitates learning with quizzes, experiential exercises, and reproducible worksheets. The reader learns step by step how to practice core MI skills: raising the importance of behavior change, fostering the client’s confidence, resolving ambivalence, solidifying commitment to change, and negotiating a change plan. The utility of the book is enhanced by the large-size format and lay-flat binding. The book shows how to navigate each session using microskills that many clinicians already know: open-ended questions, affirmations, reflective listening, and summaries, or OARS for short. This book is in the Applications of Motivational Interviewing series.

How People Change - Allen Wheels - 1975-07-10

A new wave of products is helping people change their behavior and daily routines, whether it’s exercising more (Jawbone Up), taking control of their finances (HelloWallet), or organizing their email (Mailbox). This practical guide shows you how to design these types of products for users seeking to take action and achieve specific goals. Stephen Wendel, HelloWallet’s head researcher, takes you step-by-step through the process of applying behavioral economics and psychology to the practical problems of product design and development. Using a combination of lean and agile development methods, you’ll learn a simple iterative approach for identifying target users and behaviors, building the product, and gauging its effectiveness. Discover how to create easy-to-use products to help people make positive changes. Learn the three main strategies to help people change behavior: Identify your target audience and the behaviors they seek to change, Extract user stories and identify obstacles to behavior change Develop effective interface designs that are enjoyable to use. A new wave of products is helping people change their behavior and daily routines, whether it’s exercising more (Jawbone Up), taking control of their finances (HelloWallet), or organizing their email (Mailbox). This practical guide shows you how to design these types of products for users seeking to take action and achieve specific goals. Stephen Wendel, HelloWallet’s head researcher, takes you step-by-step through the process of applying behavioral economics and psychology to the practical problems of product design and development. Using a combination of lean and agile development methods, you’ll learn a simple iterative approach for identifying target users and behaviors, building the product, and gauging its effectiveness. 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How People Change - Allen Wheelis - 1975-07-10
"At a time when slick, superficial, psychological works are foisted on the lay-public, Allen Wheelis has written a serious treatise."--San Francisco Sunday Examiner-Chronicle

Motivational Interviewing with Adolescents and Young Adults - Sylvie Naar-King - 2011
This pragmatic guide spells out how to use motivational interviewing (MI) to have productive conversations about behavior change with adolescents and young adults in any clinical context. Filled with vivid examples, sample dialogues, and "dos and don'ts," the book shows how conducting MI from a developmentally informed standpoint can help practitioners quickly build rapport with young patients, enhance their motivation to make healthy changes, and overcome ambivalence. Experts on specific adolescent problems describe MI applications in such key areas as substance abuse, smoking, sexual risk taking, eating disorders and obesity, chronic illness management, and externalizing and internalizing behavior problems. This book is in the Applications of Motivational Interviewing series.

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How to Change - Katy Milkman - 2021-05-04
Wall Street Journal bestseller "A welcome revelation." --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this groundbreaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what’s standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won’t help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman’s original research and the work of her world-renowned scientific collaborators, How to Change shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you’ll learn:

- Why timing can be everything when it comes to making a change
- That giving advice, even if it’s about something you’re struggling with, can help you achieve more Whether you’re a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, How to Change offers an invaluable, science-based blueprint for achieving your goals, once and for all.

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Wall Street Journal bestseller "A welcome revelation." --The Financial Times Award-winning Wharton Professor and Choiceology podcast host Katy Milkman has devoted her career to the study of behavior change. In this groundbreaking book, Milkman reveals a proven path that can take you from where you are to where you want to be, with a foreword from psychologist Angela Duckworth, the best-selling author of Grit. Change comes most readily when you understand what’s standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won’t help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success. Drawing on Milkman’s original research and the work of her world-renowned scientific collaborators, How to Change shares strategic methods for identifying and overcoming common barriers to change, such as impulsivity, procrastination, and forgetfulness. Through case studies and engaging stories, you’ll learn:

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How to Change - William R. Miller - 2011-10-21
Most of us walk through each day expecting few surprises. If we want to better ourselves or our lives, we map out a path of gradual change, perhaps in counseling or psychotherapy. Psychologists William Miller and Janet C’de Baca were longtime scholars and teachers of traditional approaches to self-improvement when they became intrigued by a different sort of change that was sometimes experienced by people they encountered—something often described as "a bolt from the blue" or "seeing the light." And when they placed a request in a local newspaper for people’s stories of unexpected personal transformation, the deluge of responses was astounding. These compelling stories of epiphanies and sudden insights inspired Miller and C’de Baca to examine the experience of "quantum change" through the lens of scientific psychology. Where does quantum change come from? Why do some of us experience it, and what kind of people do we become as a result? The answers that this book arrives at yield remarkable insights into how human beings achieve lasting change—sometimes even in spite of ourselves.

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Drawing on cutting-edge neuroscience to understand psychotherapeutic change. Growth and change are at the heart of all successful psychotherapy. Regardless of one's clinical orientation or style, psychotherapy is an emerging process that s created moment by moment, between client and therapist. How People Change explores the complexities of attachment, the brain, mind, and body as they aid change during psychotherapy. Research is presented about the properties of healing relationships and communication strategies that facilitate change in the social brain. Contributions by Philip M. Bromberg, Louis Cozolino and Vanessa Davis, Margaret Wilkinson, Pat Ogden, Peter A. Levine, Russell Mears, Dan Hughes, Martha Stark, Stan Tatkin, Marion Solomon, and Daniel J. Siegel and Bonnie Goldstein.

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The Leader You Want to Be - Amy Jen Su - 2019-10-22
How to turn temptation and inertia into assets • That giving advice, even if it’s about something you’re struggling with, can help you achieve more Whether you’re a manager, coach, or teacher aiming to help others change for the better or are struggling to kick-start change yourself, How to Change offers an invaluable, science-based blueprint for achieving your goals, once and for all.
your own capacity for positive action.

the day? Do you want to do more, yet feel you just can’t add another thing to your plate without being overwhelmed by stress or compromising your health, relationships, and integrity? No doubt, as a leader, there are some days when you feel the flow. You’re able to make a difference and achieve big goals. You feel confident and energized. On days like this, you are your best self—the leader you want to be. But on other days, you go down a different, negative path, with pressures and doubts making you feel like a lesser version of yourself. How can you be the leader you want to be today? The answer is more than a time-management system or a silver-bullet solution for changing your routines. Leadership expert and coach Amy Jen Su’s powerful new book helps readers discover that the answer lies within. By focusing in specific ways on five key leadership elements—Purpose, Process, People, Presence, and Peace—you can increase your time, capacity, energy, and ultimately your impact, with less stress and more equanimity. Drawing on rich and instructive stories of clients, leaders, artists, and athletes, as well as on research by experts, the author brings together the best of both Western management thinking and Eastern philosophy to provide a holistic yet hands-on approach. The Leader You Want to Be is your indispensable guide to tapping into and expanding your leadership capacity so that you can be your best, sustain yourself, and thrive as a leader.


Are you tired of being told by others—self-help books included—what you should do? Drs. Allan Zuckoff and Bonnie Gorscak understand. That’s why this book is different. Whether it’s breaking an unhealthy habit, pursuing that dream job, or ending harmful patterns in relationships, the key to moving ahead with your life lies in discovering what direction is truly right for you, and how you can get there. The proven counseling approach known as motivational interviewing (MI) can help. Drs. Zuckoff and Gorscak present powerful self-help strategies and practical tools that help you understand why you’re stuck, break free of unhealthy pressure to change, and build confidence for developing a personal change plan. Vivid stories of five men and women confronting different types of challenges illustrate the techniques and accompany you on your journey. MI has a track record of helping people resolve long-standing dilemmas in a remarkably short time. Now you can try it for yourself—and unlock your own capacity for positive action.


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Ordinary People Change the World Sticker Activity Book - Brad Meltzer - 2017-10-15


Ordinary People Change the World Sticker Activity Book - Brad Meltzer - 2017-10-15


Personality and the Fate of Organizations - Robert Hogan - 2017-09-25

Personality and performance are intricately linked, and personality has proven to have a direct influence on an individual’s leadership ability and style, team performance, and overall organizational effectiveness. In Personality and the Fate of Organizations, author Robert Hogan offers a systematic account of the nature of personality, showing how to use personality to understand organizations and to understand, evaluate, select, deselect, and train people. This book brings insights from a leading industrial organizational psychologist who asserts that personality is real, and that it determines the careers of individuals and the fate of organizations. The author’s goal is to increase the reader’s ability to understand other people—how they are alike, how they are different, and why they do what they do. Armed with this understanding, readers will be able to pursue their personal, social, and organizational goals more efficiently. A practical reference, this text is extremely useful for MBA students and for all those studying organizational psychology and leadership.

Helping People Change - Frederick H. Kaner - 1975

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Instruments in the Redeemer’s Hands - Paul David Tripp - 2002

In many ways, the church today has more consumers than committed participants. We see church merely as an event we attend or an organization we belong to, rather than as a calling that shapes our entire life. Many of us would be relieved if God had placed our sanctification in the hands of trained professionals, but that simply is not the biblical model. God’s plan is that through the faithful ministry of every part, the whole body will grow to maturity in Christ. All of his children are called into ministry, and each of them needs the daily intervention this book brings insights from a leading industrial organizational psychologist who asserts that personality is real, and that it determines the careers of individuals and the fate of organizations. The author’s goal is to increase the reader’s ability to understand other people—how they are alike, how they are different, and why they do what they do. Armed with this understanding, readers will be able to pursue their personal, social, and organizational goals more efficiently. A practical reference, this text is extremely useful for MBA students and for all those studying organizational psychology and leadership.

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Acceptance and Commitment Therapy, Second Edition - Steven C. Hayes - 2016-08-29

Maturity in Christ. All of his children are called into ministry, and each of them needs the daily intervention this ministry provides. God uses people, who need change themselves, as instruments of change in others. Tripp explains how his work follows an “all of my people, all of the time” model. If you followed the Lord for a thousand years, you would still need the ministry of the body of Christ as much as you did the day you first believed. This need will remain until our sanctification is complete in Glory

Changing on the Job - Jennifer Garvey Berger - 2011-11-30

Listen to people in every field and you’ll hear a call for more sophisticated leadership—for leaders who can solve more complex problems than the human race has ever faced. But these leaders won’t simply come to the fore; we have to develop them, and we must cultivate them as quickly as is humanly possible. Changing on the Job is a means to this end. As opposed to showing readers how to play the role of a leader in a “paint by numbers” fashion, Changing on the Job builds on theories of adult growth and development to help readers become more thoughtful individuals, capable of leading in any scenario. Moving from the theoretical to the practical, and employing real-world examples, author Jennifer Garvey Berger offers a set of building blocks to help cultivate an agile workforce while improving performance. Coaches, HR professionals, thoughtful leaders, and anyone who wants to flourish on the job will find this book a vital resource for developing their own capacities and those of the talent that they support.

Motivational Interviewing in Schools - Stephen Rollnick - 2016-09-20

The first teacher’s guide to the proven counseling approach known as motivational interviewing (MI), this pragmatic book shows how to use everyday interactions with students to create powerful opportunities for change. MI comprises skills and strategies that can make brief conversations about any kind of behavioral, academic, or peer-related challenge more effective. Extensive sample dialogues bring to life the “dos and don’ts” of talking to K-12 students (and their parents) in ways that promote self-directed problem solving and personal growth. The authors include the distinguished codeveloper of MI plus two former classroom teachers. User-friendly features include learning exercises and reflection questions; additional helpful resources are available at the companion website. Written for teachers, the book will be recommended and/or used in teacher workshops by school psychologists, counselors, and social workers. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

Evidence Based Coaching Handbook - Dianne R. Stober - 2010-06-03

The first reference to bring scientifically proven approaches to the practice of personal and executive coaching The Evidence Based Coaching Handbook applies recent research and integrates multiple disciplines to advance personal coaching, bringing multiple disciplines to bear on why and how coaching works. A groundbreaking resource for this burgeoning profession, this text presents several different coaching approaches along with the empirical and theoretical knowledge base supporting each. Recognizing the special character of coaching—that the coaching process is non-medical, collaborative, and highly contextual—the authors lay out an evidence-based coaching model that allows practitioners to integrate their own expertise and the needs of their individual clients with the best current knowledge. This gives coaches the ability to better understand and optimize their own coaching interventions, while not having to conform to a single, rigidly defined practice standard. The Evidence Based Coaching Handbook looks at various approaches and applies each to the same two case studies, demonstrating through this practical comparison the methods, assumptions, and concepts at work in the different approaches. The coverage includes: An overview: a contextual model of coaching approaches Systems and complexity theory The behavioral perspective The humanistic perspective Cognitive coaching Adult development theory An integrative, goal-focused approach Psychoanalytically informed coaching Positive psychology An adult learning approach An adventure-based framework Culture and coaching

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Since the original publication of this seminal work, acceptance and commitment therapy (ACT) has come into its own as a widely practiced approach to helping people change. This book provides the definitive statement of ACT—from conceptual and empirical foundations to clinical techniques—written by its originators. ACT is based on the idea that psychological rigidity is a root cause of a wide range of clinical problems. The authors describe effective, innovative ways to cultivate psychological flexibility by detecting and targeting six key processes: defusion, acceptance, attention to the present moment, self-awareness, values, and committed action. Sample therapeutic exercises and patient-therapist dialogues are integrated throughout. New to This Edition *Reflects tremendous advances in ACT clinical applications, theory building, and research. *Psychological flexibility is now the central organizing focus. *Expanded coverage of mindfulness, the therapeutic relationship, relational learning, and case formulation. *Restructured to be more clinician friendly and accessible; focuses on the moment-by-moment process of therapy.

Creating Innovators - Tony Wagner - 2012-04-17
Reveals the importance of innovation in American global competitiveness, profiling some of today’s most compelling young innovators while explaining how they have succeeded through the unconventional methods of parents, teachers, and mentors.

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Genius Breaks - Suzie Carmack - 2017-04-29
If you are looking for new ways to manage stress, improve mood, enhance creativity, increase mental focus, and sustain your overall sense of vitality in as little as 2 minutes, then this book is for you. In Genius Breaks, Dr. Suzie Carmack will teach you her easy 4-step system for designing your own mindful movement mini-breaks, so that you will know how to sneak self-care into your workday -- even if you only have 2 minutes between conference calls. Now you can learn the same system that Dr. Carmack has shared with the Pan American / World Health Organization as a keynote wellness week speaker (2013-2015), and with over 2000 corporate wellness programs, k-12 educators, clinicians and yoga teachers worldwide. Learn more about how you and your team can move to well-being and join the Genius Break community at www.DrSuzieCarmack.com

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Motivational Interviewing for Leaders in the Helping Professions - Colleen Marshall - 2020-07-17
Written expressly for leaders in health care and the social services, this accessible book shows how motivational interviewing (MI) can transform conversations about change within an organization. The authors demonstrate powerful ways to use MI to generate solutions and get employees and organizations unstuck, whether mentoring a staff member in a new role, addressing performance problems, or redesigning procedures or programs. Readers are guided to skillfully and ethically apply the core MI processes—engaging, focusing, evoking, and planning—in the management context. User-friendly features include reproducible worksheets, end-of-chapter self-reflection exercises, and extended case vignettes. Purchasers get access to a companion website where they can download and print these materials in a convenient 8 ½” x 11” size. This book is in the Applications of Motivational Interviewing series, edited by Stephen Rollnick, William R. Miller, and Theresa B. Moyers.

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Stop Sabotaging Your Life - Bruno LoGreco - 2012-10-01

In Stop Sabotaging Your Life: 3 Steps To Your Full Potential, acclaimed life coach Bruno LoGreco shares his simple path to achieving healthy mental and emotional independence. How many times have you caught yourself thinking something like this? I'm not enough — good enough... smart enough... good looking enough... successful enough... LoGreco says we sabotage our lives by focusing too much on being what others want us to be and do, and not spending enough time listening to our own hearts and minds. Some people try to find self-acceptance and contentment through counseling, but end up trapped on the therapy treadmill. Others try to go it alone, but still end up in a tiresome process of navel-gazing that never leads to personal fulfillment. LoGreco offers a three-step plan to help you reach your own potential: self-awareness (recognize what you have been doing, and why); rebuilding values (learn a different way to do things); and reach your full potential (identify opportunities and set meaningful goals). You will learn to leverage your strengths to stop chasing illusions and work toward achieving your dreams. LoGreco doesn't claim his book will cure everything that ails you. As he says, "There is no secret formula, no magic pill that will make you happy, productive, and successful. You must challenge your beliefs and take back control of your choices. Don't just think outside the box — break out of it altogether." What clients and readers are saying about life coach, mentor, and motivational speaker Bruno LoGreco: "As a divorced mother of three, I've encountered many obstacles, mostly personal ones within myself. I wondered why I kept repeating the same patterns with the men I was dating and why it always ended badly, usually with me being hurt, and questioned what 'I' was doing wrong. Bruno taught me how to love myself again, how to respect myself and above all else, believe in myself... Bruno saved me from my self-destructive patterns. Without his help, I wouldn't be the confident woman I am today. I am a better mother for that." - Cristina

The world is filled with very successful executives who for decades focus every waking minute on professional accolades and professional development (only to) realize they haven't taken the time out to focus on personal development in terms of a better balance in life, being in touch with their spiritual side and inner self, and even the fun side of life. That would describe me in the past... I came across Bruno, and I knew he was the man. His personality exudes authenticity and genuineness. The man simply knows his stuff, has this uncanny ability to read between the lines, and zero in instantly on underlying triggers. His structured approach steers you to address issues head on; challenges you to challenge yourself; opens your mind; helps you understand behaviors, experiences and patterns; gets you in touch with yourself; fuels a sense of purpose and passion; and escorts you to chart a new course to life. He never judges, but relentlessly encourages and empowers you. He's truly a brilliant, genuine and a humane person with an infectious enthusiasm to make you seize your inborn potential." - Adrian

"If I had to sum up my experience with Bruno in one word, it would be 'awakened.' Bruno helped me see life from a different perspective, which is what I needed, but most importantly, he showed me how to do that myself without being dependent on him... Bruno got me to step outside of my comfort zone and do things I normally wouldn't have done otherwise, which is undoubtedly the key to growth." — Blaine

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Helping Skills - Clara E. Hill - 1999

This book presents a three-stage model of helping, grounded in 25 years of research, that can be used to assist individuals who are struggling with emotional or transitional difficulties. To master the skills they need to lead clients through the Exploration, Insight, and Action stages, students are given both theoretical guidance and opportunities for formulating solutions to hypothetical clinical problems. Grounded in client-centered, psychoanalytic, and cognitive-behavioral theory, this book offers an integrative approach. Tables and lists supplement the text, along with clinical examples. --From publisher's description.

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How to Change Someone's Mind - Mike Slater - 2017-07-17

Have you ever convinced a family member to change their vote over the Thanksgiving dinner table? Have you managed to change someone's mind on any important topic? I have not. Until I learned the secret.This book is not about how to win arguments. After ten years of talk radio, I've learned how to do that: talk louder and sound more confident. But it was only recently that I discovered how to actually change people's minds. These are very different things. If you believe that the world would be a better place if more people agreed with you, this insight will help you.I wrote this book to be read in about an hour. You can use the advice right away.

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What Spins the Wheel - Len Forkas - 2014-05-28
When entrepreneur Len Forkas learned that his nine-year-old son had leukemia, his own life changed forever. In 2003, Len founded HopeCam, a nonprofit that uses technology to connect young cancer patients with their friends at school. Ten years later, Len's fight against childhood cancer rose to a new level. He qualified as a solo competitor in Race Across America, a 3,000-mile bicycle race that traverses scorching deserts and 11,000-foot mountain elevations. As Len fought to finish the race is just 12 days, an all-volunteer crew supported him around the clock. What Spins the Wheel is a true story about fatherhood and fortitude, business grit and growth and the power of combining the right mission with the right team to help others.

Reset - Brian Michael Good - 2015-07-23
"Buy the "Reset: Control, Alt, Delete" paperback and download the eBook for only $0.99 - 0.64." Learn how to rise from the ashes of defeat. Get self-help, Embrace positive thinking, Live a happier life, and Find your destiny. No one can defeat you. You can only defeat yourself. No one can truly save you. You must save yourself. There is hope and a way out! Help yourself by reading Reset: Control, Alt, Delete find answers and change your life for the better. RESET: Control, Alt, Delete, unlike other self-help books is written specifically to help you to find the encouragement, strength, and personal growth that you will need to change your perspective with positive thinking so you can live a hopeful life that creates a path allowing you to find your destiny. Take action by getting yourself a copy of Brian's book. You will be so grateful you did! "Tags: self help, positive thinking, self-help books, self-help happiness, personal growth book, self-help books, depression"