

quotient will skyrocket.' Interactions with the opposite sex will improve tenfold, guaranteed.' Most importantly you will feel comfortable making eye contact with anyone, stranger or friend... and use it to make them comfortable with you.Don't hesitate to pick up your copy today by clicking the BUY NOW button at the top of this page! The noted research psychiatrist and New York Times-bestselling author explores how Transcendental Meditation permanently alters your daily consciousness, resulting in greater productivity, emotional resilience, and aptitude for success. Most of us believe that we live in only three states of consciousness: wakefulness, sleep, and dreaming. But there is so much more. In Super Mind, clinical psychiatrist and bestselling author Norman E. Rosenthal, M.D., shows how the incredibly simple daily practice of Transcendental Meditation (TM) can permanently improve your state of mind during the routine hours of waking life--placing you into a super-mind state of consciousness where you consistently perform at peak aptitude. In his most ambitious and practical book yet, Rosenthal shows how TM is more than a tool for destressing or for general wellness. It is a gateway to functioning physically, emotionally, and intellectually at levels we never knew we could attain. Written in Rosenthal's trademark style of restraint and intellectual carefulness, Super Mind explores how we can aspire to so much more than we ever thought possible.

A Coach's Guide to Powerful Asking Skills

Mastering Coaching

The Tools Of Leadership

Lao Tzu's Tao Te Ching Adapted for a New Age

Booksmart

The Tao of Leadership

Coaching for Performance Fifth Edition

Vision, Inspiration, Momentum

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.

How to become a great business coach and get the best out of your people.

Dr. Storlie explains how you can communicate with your subconscious mind-the super-intelligence within you-using mental imagery, contemplation and daydreaming. Using his unique 7-step process, you'll learn to request and receive help from the power of your subconscious mind and create a better personal and/or professional life. This book incorporates accelerated learning methods so you can quickly deepen your understanding of how to use contemplation, daydreams, and daydreaming to improve nearly any aspect of your life. Timothy provides you with 22 tools that you can use to help create a better future in 37 different areas of your life. You'll learn methods to accelerate learning; become a daydreamer, improve physical, emotional, sexual, and mental health; improve communication, relationships, and parenting; increase leadership qualities; improve professional and business skills; enhance artistic or sports performance; experience more creativity, fun, fantasy, entertainment, romance, eroticism, and intimacy; enjoy a more meaningful life; and achieve a greater degree of personal fulfillment. Transformational daydreaming is grounded in three core beliefs: (1) You can develop a working relationship with your subconscious mind; (2) You can ask your subconscious mind for help by contemplating while in an altered state of awareness; and (3) Your subconscious mind can communicate advice, insight, and information to you using the symbolic language of daydreams. In the hope and desire for a better life, individuals, couples, parents, students, teachers, trainers, healthcare professionals, business leaders, writers, musicians, engineers, designers, architects, performing and creative artists, sports enthusiasts, and countless others use relaxation, mental imagery and visualization, altered states of awareness, contemplation, and daydreaming as part of their creative process. Now, thanks to Dr. Storlie, you can too!

A complete guide for beginners, students, administrators, educators, designers, and everyone.

Simple Rules to Unleash a Culture of Innovation (Black and White Version)

New Consciousness in Business

Super Mind

How to Improve Reading Comprehension Quickly

The Essential Handbook

Superhuman Eye Contact

Exception to the Rule: The Surprising Science of Character-Based Culture, Engagement, and Performance

How Exceptional Leaders Master the Flow of Talent

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

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?

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 fulfillment.

The Game Changer

The Tapping Solution