Book Review 17 Me, Myself, and Why? The Secrets to Navigating Change by Lisa A. Mininni

William C. McPeck

Available at: https://works.bepress.com/william_mcpeck/7/

**Coaching Yourself to Change**, October 21, 2008, Rating: 3 Stars

As a coach, consultant and worksite wellness specialist, I live in the world of change. Therefore, the word change in the sub-title of this book caught my attention. As a student of change, I bought and read the book.

As a professional, I generally look for substantiation for what I read. This book provides none. You have to take what you read at face value. The book contains no sources or references to support the content. I would clearly put this book in the self-help category. In addition to the lack of references, I feel the book also lacks continuity or flow. To me, the book seemed to be a collection of disparate thoughts that lacked a specific focus or overall unifying theme.

Open ended questions are the backbone of any consulting or coaching relationship. The value of this book lies in the many questions contained therein. The reader will find self coaching questions imbedded within each chapter's content, as well as in the "Self Reflection Moment" section found at the conclusion of each chapter.

This book added little to my current understanding of behavior change. If you are just starting out on your personal journey of change, answering the questions you will find in this book will be a good starting point for you. They will help you to identify the nature of your "me" and "myself." Unfortunately, what is lacking in the book is a scientific rational to support your conclusions for the "why."