

BOOK REVIEW

Book review: *How to Work with People... and Enjoy It!*

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How to Work with People... and Enjoy It! has been co-authored by Jenny Bird and Sarah Gornall who are experienced executive coaches with an international clientele. It is an easy to read practical handbook full of 'try this' experiments, suggestions and techniques. The book includes useful illustrative case studies.

The book is divided into 8 chapters: Chapter 1: Introduction; Chapter 2: Finding the Centre; Chapter 3: Making Connections; Chapter 4: Hooks and Humps; Chapter 5:

Ducking, Diving and Thriving; Chapter 6: Dancing in the Moment; Chapter 7: Forging Ahead; Chapter 8: References and Further Reading.

If you work with people then this book will provide you with insights and tools to enhance your practice. This could include counsellors, coaches, managers and learning development professionals. In addition, it would also be a useful personal development self-help book especially if the reader puts into action the 'try this' experiments. ■

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Biography

Prof Stephen Palmer PhD is Director of the Centre for Stress Management, London since 1987. He is Professor of Practice, Wales Academy for Professional Practice and Applied Research, and Adjunct Professor of Coaching Psychology at Aalborg University. He is the Honorary President of the International Stress Management Association and the International Society for Coaching Psychology. He is also Honorary Vice President of the Society for Dialectical Behaviour Therapy and Co-Chair of the Association for Rational Emotive Behaviour Therapy. He has written or edited over 50 books including: *The Handbook of Counselling* (Routledge, 1997), *The Handbook of Solution-Focused Therapy* (Sage, 2003) and *The Beginner's Guide to Counselling and Psychotherapy* (Sage, 2015). He has published over 225 articles.



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