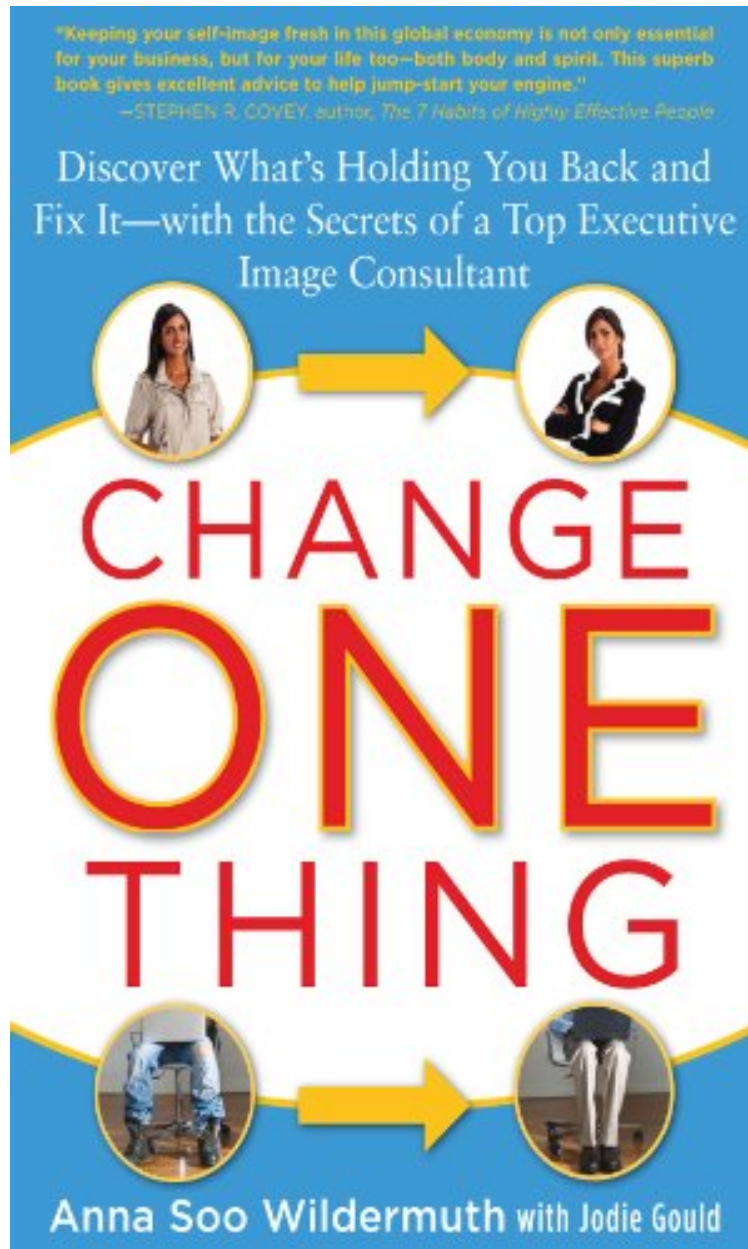


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# Change One Thing: Discover What's Holding You Back and Fix It—With the Secrets of a Top Executive Image Consultant

Anna Soo Wildermuth, Jodie Gould  
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1 of 1 people found the following review helpful. Lots of info. Much better than I was expecting, Highly recommendedBy DanNormally I write lengthy reviews but I have a feeling nobody likes to read them so I will start to keep them shorter.I basically bought this book just to learn about a few things regarding wardrobe and basic business etiquette. I was surprised to find that you get much more than that in this title. This book seemed more like a mini course or a workshop on reinventing your professional image. It hits on so many things. The main idea here is to look professional, act professional, and communicate effectively. It doesn't matter what you look like or how old you are, it's about confidence and how you present yourself. The key word of the book is professional. The author seems pretty cool too and she shares her story of how she "changed one thing" in her professional life.My favorite parts were the topics on what clothes to wear and how to wear them, social tips, and networking. The book is very easy to read and I would say it is a page turner till the end. It is not boring and the author does not talk down to you. I think the book is great for people who are just getting out into the business world and those who are already there and need/want to change. The book reinforces a lot of things that may have crossed your mind and it introduces you to others that may have not. Even if you just implemented a few ideas here into your life, you would see a marked improvement.I'm glad I read it. I got a lot out of it and I recommend it.2 of 2 people found the following review helpful. Extremely BasicBy T. FischerI purchased Change One Thing because of the high rankings, but I'm disappointed with the content. Information presented in this book is extremely basic, generally suggestions that are common sense. For those who are new to employment, say, in their early 20's, it could be very practical. For those who have been working for several years, it is likely that you already know most of the material in the book. Buy it if you need a boost in confidence, but otherwise, save your money.2 of 2 people found the following review helpful. Excellent Book! I highly recommend it.By Mary McNevinThis book is an absolute "must have" in your library. This book is packed with great information and exceptional advice. I loved how the author addresses the areas of key importance and shares her own personal experience with us around topics such as clothing tips, social setting situations, communication style and business style.This is a great book for both the professional just entering the workforce as well as seasoned professionals who need to step it up a notch - and simply change one thing at a time.I highly recommend this book! I loved it!

If You Could Change One Thing About Yourself, What Would It Be? Change One Thing is your new secret weapon in the quest to look, feel, and be your best--by transforming those little things that keep you from shining like you should. Be it an outdated wardrobe or an understated personality, executive image consultant Anna Soo Wildermuth gives you the tools you need to change how others see you--and how you see yourself. Her self-assessment quizzes show you where you're coming up short, help you shake up your usual routine, and point you in your new direction. Change One Thing is the first step to finding out what's keeping you from the job, the relationship, or the life you want. "Anna's work is straightforward and down-to-earth. Her book, like her workshops, gives practical, easy-to-use tips for looking your best so you can be your best." --George Vukotich, director of leadership development, HSBC "Anna remains an ongoing resource for me, providing insight and understanding that has been invaluable in my career and my daily life. There is no one like her." --Connie DuBois, director of communications, Siemens Medical Diagnostics

About the AuthorAnna Soo Wildermuth is founder of the Chicago-based Personal Images, Inc., and has been a professional image and communication consultant, trainer, and coach for more than twenty-five years. Jodie Gould is an award-winning writer and author. She writes for national magazines and newspapers.