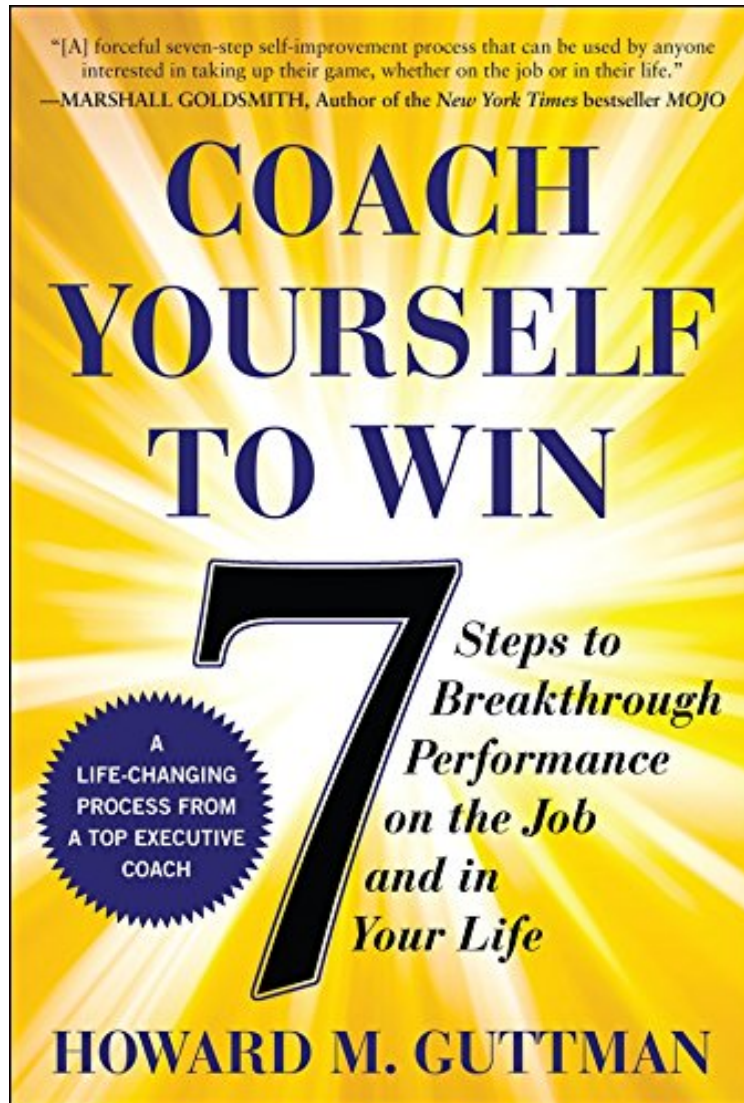


Coach Yourself to Win: 7 Steps to Breakthrough Performance on the Job and In Your Life

Howard M. Guttman

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Howard M. Guttman : Coach Yourself to Win: 7 Steps to Breakthrough Performance on the Job and In Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Coach Yourself to Win: 7 Steps to Breakthrough Performance on the Job and In Your Life:

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motivational authors claim that their books, with their snappy covers and glowing recommendations, can change your life not;- even if their content is as insubstantial as a summer breeze. In contrast, Howard M. Guttman provides a steady stream of valuable content that can help you make your life better. A respected executive coaching expert, Guttman presents seven easy-to-follow steps you can use to coach yourself to achieve lasting positive behavioral change. He delivers invaluable knowledge, wisdom, savvy tips and practical expertise as he explains how to apply proven executive coaching principles to modify your behavior and achieve a happier, more productive life. getAbstract recommends this completely useful self-coaching guide. It will be worth far more than its cover price if you practice its principles.3 of 3 people found the following review helpful. coach yourself?By Tu A Nguyenthis is a good book overall but i think the title is a bit misleading, i think it should be "how to work with your coach to win". Over half of the book discuss how you work with mentor or guide who would give you feedback on a consistent basis or in another word, your coach. I agree that you will need some kind of coaching to succeed but when begin reading this book, i expected to learn how to win/succeed independently without much help from person-to-person interaction.

A proven process for changing the way you behave--used by a renowned executive coach for more than 25 years; Are you able, ready, and willing to permanently change your behavior? Permanently replacing deeply ingrained behaviors with new ones is one of the hardest challenges to overcome. But innbsp; Coach Yourself to Win, master executive coach Howard Guttman combines his own expert insight and deep extensivenbsp; coaching experience to create a step-by-step process that you can follow to change the behaviors that have been holding you back from what you truly want. Unlike many self-help books offering advice on how to improve either your career or your personal life,nbsp; Coach Yourself to Win bridges the two worlds in order to help you improve your performance--whether youre earning your living or living your life.nbsp; Coach Yourself to Win is written for the vast number of people who seek to create a new future for themselves. To help you achieve breakthrough performance on the job and in your life, you will learn to master a practical, tested self-coaching process that will enable you to:nbsp; Clarify, set, and stay committed to realistic intentions Zero in on what holds you backnbsp; Find the support youve been lacking Develop a path for changenbsp; Evaluate yourself along the waynbsp; Make necessary corrections to your plan Realize your intention to achieve a "new you"nbsp; Coach Yourself to Win provides an easy-to-follow seven-step plan that will generate lasting, positive change in your professional and personal life.

About the AuthorHoward M. Guttman is founder and principal of Guttman Development Strategies, Inc., (GDS) a management consulting firm specializing in executive coaching, building high-performance teams, strategic and organizational alignment, and management-development training. Leadership Excellence magazine has named Guttman to its list of "Excellence 100 Top Thought Leaders." He is the author of Great Business Teams and When Goliaths Clash.