



Reinvent Yourself: Great Coaches Talk about Starting Over

Hugh Taylor

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This book consists of a series of conversations with great life and career coaches who have spent years working with hundreds of clients on the process of personal reinvention. Each coach interviewed has a unique point of view and process for helping a person go from where they are now to where they want to be. If you're ready to start on your journey to personal reinvention, read on! Hear from experts about what it will take and how you can achieve your ultimate goals in life. Includes interviews with Ruth Robertson Kathleen Brady Dr. Miriam Reiss Jeanne Bohen Simard Marc Miller Anna Letitia Cook Vince Pizzoni Divya Parekh Mhairi Gordon-Preston

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Jeannette says

If you are considering hiring a coach to help you through a midlife (or mid-career) career change then "Reinvent Yourself: Great Coaches Talk About Starting Over" is a good place to begin. It will give you insight into questions you might ask a prospective coach and issues you will need to consider when changing careers. "Reinvent Yourself" contains transcribed interviews with nine different career coaches, talking about their own careers and how they got into career coaching, the questions they ask and processes they use with their clients, and some of their key points to success.

Although the book is about the coaches' viewpoints and is not written as an actual guide to changing careers, I still found reason to pull out my highlighter and keep it handy. There are helpful tidbits scattered throughout, such as: four questions to get you started, the importance of figuring out what energizes you, the difference between a job and a career, and the philosophy that "you always have a choice".

I received this book for free through Goodreads First Reads.

Danielle Katz says

This is an awful excuse for a book. I am usually the person who finds at least one thing I like about a book, but in this case, the only redeeming value was in the cover art. It is literally a transcript of interviews with life coaches. There isn't even a conclusion, introduction or title to each interview. It was written in the most lazy way. Just embarrassing. I am a forty something mom, who has been home for over 9 years and am starting to think about the next career phase. This should of been a great book for me, but it was just a huge disappointment. Disclaimer: I received this book free from the author on a Goodreads Giveaway. Sorry dude! I'm sure your a really nice person.
