

SUGGESTED READING



The following books offer contrasting perspectives on coaching and the scope of the field:

Gallwey, W.T. (2001) *The Inner Game of Work – Focus, Learning, Pleasure and Mobility in the Workplace*. Random House of Canada Limited, Toronto.

Downey, M. (2003) *Effective Coaching: Lessons from the Coach's Coach*. Texere, New York.

Orem, S.L., Binkert, J. and Clancy, A.L. (2007) *Appreciative Coaching: A Positive Process for Change*. Josey-Bass, San Francisco.

The following books offer a dynamic model of self and how we emerge and grow:

Assagioli, R. (1975) *Psychosynthesis: A Manual of Principles and Techniques*. Turnstone Books, London.

Ferrucci, P. (1990) *Inevitable Grace: Breakthroughs in the Lives of Great Men and Women: Guides to Your Self-Realization*. Jeremy P. Tarcher Inc., Los Angeles.

Moore, T. (2001) *Original Self – Living with Parallax and Originality*. Published by Perennial, an imprint of HarperCollins Publishers, New York.

The following provides insight into the nature and experience of flow:

Csikszentmihalyi, M. (2002) *Flow: The Classic Work on How to Achieve Happiness*. Harper Row, New York.

Finally, this text offers insights into presence and presencing:

Senge, P., Scharmer, C.O., Jaworsky, J. and Flowers, B.S. (2005) *Presence: Exploring Profound Change in People, Organizations and Society*. Nicholas Brealey, London.