

# Additional reading materials

- Auerbach, J. (2001) *Personal and Executive Coaching: The Complete Guide for Mental Health Professionals*, Ventura, CA: Executive College Press.
- Brounstein, M. (2000) *Coaching and Mentoring for Dummies*, New York, NY: Wiley.
- Buckley, A. and Buckley, C. (2006) *A Guide to Coaching and Mental Health* (Essential Coaching Skills and Knowledge Series, series eds) McMahan, G., Palmer, S. and Leimon, A., Hove: Routledge.
- Burns, D. (1990) *The Feeling Good Handbook*, New York, NY: Plume.
- Cavanagh, M., Grant, A. M. and Kemp, T. (2005) *Evidence-Based Coaching: Vol. 1, Theory, Research and Practice from the Behavioural Sciences*, Bowen Hills: Australian Academic Press.
- Chapman, T., Best, B. and Van Casteren, P.(2003) *Executive Coaching*, Basingstoke: Palgrave Macmillan.
- Cook, M. J. (1999) *Effective Coaching*, New York, NY: McGraw-Hill.
- Dryden, W. (2000) *Overcoming Procrastination*, London: Sheldon.
- Edgerton, N. and Palmer, S. (2005) 'SPACE: a psychological model for use within cognitive behavioural coaching, therapy and stress management', *The Coaching Psychologist*, 2(2): 25–31. [SPACE Model]
- Fitzgerald, C. and Berger, J. G. (2002) *Executive Coaching: Practices & Perspectives*, New York, NY: Davies-Black.
- Flaherty, J. (1999) *Coaching: Evoking Excellence in Others*, London: Elsevier.
- Fleming, I. and Taylor, A. (1997) *The Coaching Pocketbook*, Alresford: Management Pocketbooks.
- Fournies, F. F. (2000) *Coaching for Improved Work Performance* (2nd edition), New York, NY: McGraw-Hill.
- Gallwey, W. T. (1975, 1986) *The Inner Game of Tennis*, London: Pan Books in association with Jonathan Cape.

- Grant, A. M. (2001) *Towards a Psychology of Coaching*, Sydney: Coaching Psychology Unit, University of Sydney. [Definitions of coaching – article available online]
- Grant, A. M. and Greene, J. (2001) *Coach Yourself: Make Real Changes in Your Life*, Harlow: Pearson Education.
- Grant, A. M. and Greene, J. (2003) *Solution-Focused Coaching: Managing People in a Complex World*, Harlow: Pearson Education.
- Halpern, D. F. (2003) *Thought and Knowledge: An Introduction to Critical Thinking* (4th edition), Mahwah, NJ: Lawrence Erlbaum Associates, Inc.
- Harold, F. (2001) *Be Your Own Life Coach*, London: Hodder & Stoughton.
- Hauck, P. A. (1991) *Hold Your Head Up High*, London: Sheldon.
- Heller, R. (1998) *Managing Change*, London: Dorling Kindersley.
- Hindle, T. (1998) *Manage Your Time*, London: Dorling Kindersley.
- Honey, P. and Mumford, A. (1982; 3rd edition 1992) *The Manual of Learning Styles*, Maidenhead: Honey Publications.
- Isbister, N. and Robinson, M. (1999) *Who Do You Think You Are?*, London: HarperCollins.
- Jackson, P. Z. and McKergow, M. (2007) *The Solutions Focus: Making Coaching & Change SIMPLE* (2nd edition), London: Nicholas Brealey. [OSKAR & SIMPLE Models]
- Kolb, D. A. (1984) *Experiential Learning: Experience as the Source of Learning and Development*, Upper Saddle River, NJ: Prentice Hall.
- Kottler, J. A. (2001) *Making Changes Last*, Philadelphia, PA: Brunner-Routledge.
- Leahy, R. (2006) *The Worry Cure*, London: Piatkus.
- Lee, G. (2003) *Leadership Coaching: From Personal Insight to Organizational Performance*, London: Chartered Institute of Personnel Development.
- Leimon, A., Moscovici, F. and McMahan, G. (2005) *Business Coaching* (Essential Coaching Skills and Knowledge Series, series eds) McMahan, G., Palmer, S. and Leimon, A., Hove: Routledge.
- Martin, C. (2001) *The Life Coaching Handbook*, Carmarthen: Crown House Publishing.
- McDermott, I. and Jago, W. (2001) *The NLP Coach*, London: Piatkus.
- McMahan, G. (2001) *Confidence Works: Learn to Be Your Own Life Coach*, London: Sheldon Press.
- McMahan, G. (2005) *No More Anxiety: Learn to Be Your Own Anxiety Coach*, London: Karnac Books.
- McMahan, G. (2007) *No More Anger: Be Your Own Anger Management Coach*, London: Karnac Books.

- McMahon, G. and Leimon, A. (2008) *Performance Coaching for Dummies*, London: John Wiley.
- McMahon, G., Palmer, S. and Wilding, C. (2005) *Achieving Excellence in Your Coaching Practice* (Essential Coaching Skills and Knowledge Series, series eds) McMahon, G., Palmer, S. and Leimon, A., Hove: Routledge.
- Meggison, D. and Clutterbuck, D. (2005) *Techniques for Coaching and Mentoring*, Oxford: Butterworth-Heinemann.
- Mulligan, E. (1999) *Life Coaching: Change your Life in 7 Days*, London: Piatkus.
- Mumford, A. (1995) *Effective Learning*, London: Chartered Institute of Personnel and Development.
- Neenan, M. and Dryden, W. (2001) *Life Coaching: A Cognitive-Behavioural Approach*, Hove: Routledge.
- Neenan, M. and Palmer, S. (1998) 'A cognitive-behavioural approach to tackling stress', *Counselling*, 9(4): 315–319. [Dual systems model]
- Neenan, M. and Palmer, S. (2000) 'Problem focused counselling and psychotherapy', In Palmer, S. (ed) *Introduction to Counselling and Psychotherapy: The Essential Guide*, London: Sage Publications.
- Neenan, M. and Palmer, S. (2001) 'Cognitive behavioural coaching', *Stress News*, 13(3): 15–18.
- Neenan, M. and Palmer, S. (2001) 'Rational emotive behaviour coaching', *Rational Emotive Behaviour Therapist*, 9(1): 34–41.
- Newton, J., Long, S. and Sievers, B. (2006) *Coaching in Depth: The Organizational Role Analysis Approach*, London: Karnac Books.
- O'Neill, M. B. (2000) *Executive Coaching with Backbone and Heart*, San Francisco, CA: Jossey-Bass.
- Orlick, T. (2000) *In Pursuit of Excellence: How To Win in Sport and Life Through Mental Training* (3rd edition), Leeds: Human Kinetics Europe.
- Palmer, S. and Burton, T. (1996) *Dealing with People Problems at Work*, Maidenhead: McGraw-Hill.
- Palmer, S. and Cooper, C. (2007) *How to Deal with Stress*, London: Kogan Page. [Sunday Times Series]
- Palmer, S., Cooper, C. and Thomas, K. (2003) *Creating a Balance: Managing Stress*, London: British Library. [Multimodal coaching]
- Parsloe, E. (1999) *The Manager as Coach and Mentor* (2nd edition), London: Chartered Institute of Personnel and Development.
- Passmore, J. (2006) *Excellence in Coaching: The Industry Guide*, London: Kogan Page.
- Peltier, B. (2001) *The Psychology of Executive Coaching: Theory and Application*, New York, NY: Brunner-Routledge.
- Persaud, R. (2005) *The Motivated Mind: How to Get What You Want From Life*, London: Bantam Press.

- Prochaska, J. O., DiClemente, C. C. and Norcross, J. C. (1992) 'In search of how people change: applications to addictive behaviors', *American Psychologist*, 47: 1102–1114.
- Sperry, L. (2004) *Executive Coaching: The Essential Guide for Mental Health Professionals*, New York, NY: Brunner-Routledge.
- Starr, J. (2003) *The Coaching Manual*, London: Prentice Hall.
- Stober, D. R. and Grant, A. M. (2006) *Evidence Based Coaching Handbook: Putting Best Practices to Work for your Clients*, Hoboken, NJ: John Wiley.
- West, L. and Milan, M. (2002) *The Reflecting Glass: Professional Coaching for Leadership Development*, Basingstoke: Palgrave Macmillan.
- Whitmore, J. (1992) *Coaching for Performance*, London: Nicholas Brealey. [GROW model]
- Whittaker, M. and Cartwright, A. (2000) *The Mentoring Manual*, Aldershot: Gower.
- Whitworth, L., Kimsey-House, H. and Sandahl, P. (1998) *Co-Active Coaching*, Mountain View, CA: Davies-Black.
- Williams, P. and Davis, D. C. (2002) *Therapist as Life Coach: Transforming Your Practice*, New York, NY: Norton.
- Zeus, P. and Skiffington, S. (2007) *The Complete Guide to Coaching at Work*, Maidenhead: McGraw-Hill Professional.