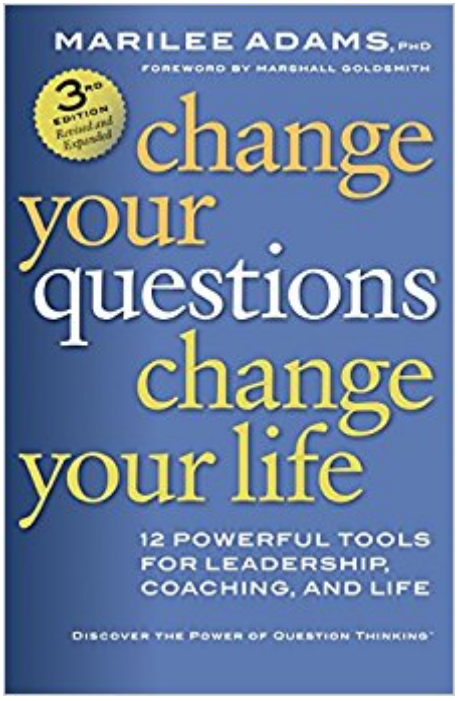
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Change Your Questions, Change Your Life: 12 Powerful Tools For Leadership, Coaching, And Life



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Synopsis

NEW EDITION, EXPANDED AND UPDATEDGreat Results Begin with Great QuestionsIn this new expanded edition of her classic international bestseller, Marilee Adams shows how the kinds of questions we ask shape our thinking and can be the root cause of many personal and organizational problems. She uses a highly instructive and entertaining story to show how to quickly recognize any undermining questions that pop into your mindÃ¢â ¬â •or out of your mouthÃ¢â ¬â •and reframe them to achieve amazingly positive and practical results. The third edition includes a new introduction and epilogue and two powerful new tools that show how Question Thinking can dramatically improve coaching and leadership. Based on Adams's decades of research and experience, this book can make a life-transforming differenceÃ¢â ¬â •as it already has for many thousands of people around the world.

Book Information

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Customer Reviews

Ã¢â ¬Å“As a fellow champion of the power of questioning, I consider Marilee Adams to be one of the pioneers in this field. The storytelling format makes the book a breeze to read, while the workbook at the end shows how practical her work really is.Ã¢â ¬Â•Ã¢â ¬â •Warren Berger, author of A More Beautiful QuestionÃ¢â ¬Å“Marilee's writings are by far the most profound articulation of the power of the question that I've come across. It's true: we live in worlds our questions create.Ã¢â ¬Â• Ã¢â ¬â •David L. Cooperrider, PhD, Professor, Weatherhead School of Management, Case Western Reserve UniversityÃ¢â ¬Å“A must-read for every coach! It illuminates

a deep truthÃ¢â ¬â •that the questions we ask ourselves shape our chances for success and satisfaction everywhere in our lives. Change Your Questions is both practical and transformational.Ã¢â ¬Â•Ã¢â ¬â •Linda J. Page, PhD, founder and President, Adler International Learning, and coauthor with David Rock of Coaching with the Brain in Mind Ã¢â ¬Å“Our complex world demands that we ask different questions, but the power of habit throws us into the Judger Pit. Dr. Adams shows us how to get out of the Judger Pit and stay outÃ¢â ¬â •and how to improve our relationships, our work, and our lives with the different questions we ask.Ã¢â ¬Â•Ã¢â ¬â •Jennifer Garvey Berger, PhD, coauthor of Simple Habits for Complex Times with Keith JohnstonÃ¢â ¬Å“It's hard to describe Change Your Questions without using superlatives such as life-changing, remarkable, and mind-opening. There's a reason this book has been an international bestseller . . . It has awakened readers to a new model of thinking, a new understanding of collaboration and communication . . . applicable in all aspects of life . . . It can uplift not only you, the reader, but everyone around you.Ã¢â ¬Â•Ã¢â ¬â •G. Shawn Hunter, author ofÃ Â Out Think and cofounder and President, MindScalingÃ¢â ¬Å“This groundbreaking work advances not only the way leaders think about leadership and coaching but how they approach life. It has opened doors for thousands of our Key Executive Leadership Program graduates, exposing them to a world of reflection, questioning, and professional and personal growth . . . transformational in every sense of the word!Ã¢â ¬Â• Ã Â Ã¢â ¬â •Patrick S. Malone, PhD, Director, Key Executive Leadership Programs, Department of Public Administration and Policy, American University Ã¢â ¬Å“Question Thinking has led to a radical transformation in how our teams and leaders approach problems. It also made an immediate and sustained change in their behavior. In an organizational culture, the more that people can be taught these processes, the greater positive impact they can have on productivity and the bottom line.Ã¢â ¬Â•Ã¢â ¬â •Carmella Granado, Senior Director, Organizational Effectiveness, FlextronicsÃ¢â ¬Å“Change Your Questions is an easy, fun story with profound and transformational possibilities . . . elegant, well-designed tools offer practical help for creating lasting and meaningful outcomes in every aspect of health care.Ã¢â ¬Â•Ã Â Ã¢â ¬â •David W. Moen, MD, Board Chair, TeamMDÃ¢â ¬Å“This insightful approach to business and personal problem-solving is so powerful that it is surely destined to have a major impact in the business world.Ã¢â ¬Â• Ã¢â ¬â •Kathy Leech, Executive Director, Corporate Brand and Advertising, ComcastÃ¢â ¬Å“A wonderful contribution to the world of Action Learning!Ã¢â ¬Â•Ã¢â ¬â •Bea Carson, PhD, cofounder and President, World Institute for Action LearningÃ¢â ¬Å“Change Your Questions provides an invaluable road map for helping you truly understand the best way to get to the core of the issues you face. A high-impact read for every human resource and leadership development

professional.Ã¢â ¬Â• Ã¢â ¬â •Steve Miranda, Managing Director, ILR School, Cornell UniversityÃ¢â ¬Å“As a leadership coach and behavioral scientist, I know how essential it is for people to shift mindsets in order to change their behavior and their lives. Dr. Adams provides a simple and brilliant system for opening the mind so breakthroughs can occur.Ã¢â ¬Â•Ã¢â ¬â •Marcia Reynolds, PsyD, author of The Discomfort Zone and Past President, International Coach FederationÃ¢â ¬Å“Question Thinking offers patients, families, and clinicians a new paradigm for patient and relationship-centered care. This simple yet profound framework of questions has the potential to transform health care.Ã¢â ¬Â•Ã¢â ¬â •Cynda Hylton Rushton, PhD, RN, FAAN, Anne and George L. Bunting Professor of Clinical Ethics, Berman Institute of Bioethics and School of Nursing, and Professor of Nursing and Pediatrics, Johns Hopkins University Ã¢â ¬Å“Change Your Questions resonates with me because it is not just about knowing the answers but knowing how to ask questions that can transform your life.Ã Â Dr. Adams's methodology is foundational to everything I do with Appreciative Inquiry and SOARÃ¢â ¬â •it aligns perfectly! Her Choice Map is a valuable resource for anyone who wants to learn the art of inquiry . . . The book contributes much to the fields of leadership and management . . . an easy and fun read with real-life examples and insightful wisdom to positively impact your life and the lives of those you lead.Ã¢â ¬Â•Ã¢â ¬â •Jacqueline M. Stavros, PhD, Professor, Lawrence Technological University; creator of SOAR; and coeditor of The Appreciative Inquiry Handbook with David L. Cooperrider and Diana Kaplin WhitneyÃ¢â ¬Å“This book is an invitation to success for individuals and organizations . . . a surprisingly simple practice to move away from judgments that prevent success and toward learning that propels us to our goals . . . practical guidelines for learning organizations.Ã¢â ¬Â•Ã¢â ¬â •Victoria J. Marsick, PhD, coauthor of Sculpting the Learning Organization and Professor of Adult Education, Teachers College, Columbia University Ã¢â ¬Å“Change Your Questions is the rare book that I use almost every day. I recently asked Learner questions to quickly transform a delicate organizational situation that for a whole year had seemed intractable . . . The book changes paradigms, organizations, and lives. It's a classic!Ã¢â ¬Â•Ã¢â ¬â •John McAuley, PhD, President and CEO, The Leadership Studio at Muskoka WoodsÃ¢â ¬Å“Marilee's work has been a key resource to the World CafÃƒÂ© since its inception. Essential reading for those committed to their own success in conversations that matter.Ã¢â ¬Â•Ã¢â ¬â •Juanita Brown, cofounder of The World CafÃƒÂ© and coauthor of The World CafÃƒÂ© Ã¢â ¬Å“The response to Change Your Questions has been overwhelmingly positive. We've shared it across our leadership teams, and we're seeing how it's shifting conversations and having a powerful impact for ourselves and our leaders.Ã¢â ¬Â•Ã¢â ¬â •Marnie

Escaf, Senior Vice President, University Health Network, and Executive Lead, Princess Margaret Cancer Centre, and Petrina McGrath, Vice President, People, Practice and Quality, Saskatoon Health RegionÃ¢â ¬Å“If you want to master the art of coaching, you have to master asking great questions.Ã Â The fastest way to crack open any situation is to use the surgical precision of a smart question.Ã Â There is no question that Marilee Adams's Change Your Questions is your go-to resource!Ã¢â ¬Â•Ã¢â ¬â •David Goldsmith, President, ConversantÃ¢â ¬Å“Dr. Adams's writings and her Question Thinking work have contributed significantly to our Kent State Leadership Development Program, which received a Leadership 500 Excellence Award among educational institutions. Our colleagues report many Ã¢â ¬Ëœlightbulb moments' as a result of Change Your Questions and Dr. Adams's superb teaching skills. Question Thinking has totally changed the types of conversations our leaders have and has also led to measurable results in terms of their career trajectories.Ã¢â ¬Â•Ã¢â ¬â •Robert M. Hall, Director, Training and Organizational Development, Kent State UniversityÃ¢â ¬Å“Marilee demonstrates why Question Thinking is absolutely essential to organizational success . . . and how easily it can be acquired.Ã¢â ¬Â•Ã¢â ¬â •Beverly Kaye, PhD, coauthor of Hello Stay Interviews, Goodbye Talent LossÃ¢â ¬Å“With clarity and accessibility, Dr. Adams models a process whereby we can intentionally change our way of internal inquiry. Imagine being in conscious charge of our own thoughts! A wonderful tool for coaches, leaders, and all helping professionals. Ã¢â ¬Å“Ã¢â ¬â •Pamela Richarde, MA, Master Certified Coach, Past President, International Coach FederationÃ¢â ¬Å“This fable is destined to be a classic. Buy this book and read it tonight. Your life will never be the same!Ã¢â ¬Â• Ã¢â ¬â •Stewart Levine, author of The Book of Agreement and Getting to ResolutionÃ¢â ¬Å“I really love this bookÃ¢â ¬â •and it's one of the most practical I've ever read.Ã Â The greatest thing is that it's not a Ã¢â ¬Ëœone and done' kind of book. You'll find yourself going back to it again and again. And you'll definitely find yourself sharing it with friends and colleagues. I know I have.Ã¢â ¬Â•Ã¢â ¬â •Tracy Davidson, Anchor and Consumer Reporter, NBC 10 News PhiladelphiaÃ¢â ¬Å“This is a must-read for any leader who wants to ask empowering questionsÃ¢â ¬â •those that inspire, motivate, and produce positive change . . . The book can truly change your personal and professional life.Ã¢â ¬Â•Ã¢â ¬â •Tara Rodas, Manager of Employee Development, Strategic Learning Services Division, Joint Mission Support Center, United States Postal Inspection Service and Office Inspector GeneralÃ¢â ¬Å“While curiosity and acute antennae are essential attributes of great leaders, Dr. Adams goes further than this . . . shows how to use questions to illuminate choices . . . and she's a terrific presenter.Ã¢â ¬Â•Ã¢â ¬â •Liz Barron, Senior Director, Executive Education, Smith School of Business, University of Maryland Ã¢â ¬Å“Marilee is smarter than anyone I know about asking the

questions that really matter.Ã¢â ¬Â•Ã¢â ¬â •Lillian Brown, author of Your Public Best

This revised and expanded edition of Marilee AdamÃ¢â ¬â„¢s landmark bestseller shows how, by changing the kinds of question we ask of ourselves, our situation, and those around us, we can dramatically improve every aspect of our lives

I could have done without the story section but the workbook and concepts were great. I have started a list of questions to refer to when processing.

This is one of the most amazing books you will ever read. It will help not only your personal but your professional life as well. Truly, a great read for young and old alike!

Love to start practising this. Will see how meditation can help with the self observer part as well. Coaches, you should read.

Too busy knowing it all. Never thought that asking questions could help me get to the answers I sought.

Great book, I enjoyed and learned a lot, I recommend this book, should be in everybody's library.Cheap and very useful

Great book to help you approach life differently. They questions you ask can change your actions and outlook.

Great book - Premise before reading anything else about asking questions. If you're a parent, teacher, business person - Read this book.Quick read and written in a fable format.

A wonderful perspective to look at any situation. LOVE this book and its philosophy. Written with as an allegory for easy understanding of application. We use it for the doctoral program in which I teach.

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