



Change Your Questions, Change Your Life

Marilee Adams

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The first edition of Marilee Adams's book introduced a surprising, life-altering truth: any of us can literally change our lives simply by changing the questions we ask, especially those we ask ourselves. We can ask questions that open us to learning, connection, satisfaction, and success. Or we can ask questions that impede progress and keep us from getting results we want. Asking "What great things could happen today?" creates very different expectations, moods, and energy than asking "What could go wrong today?" Many readers reported that they found themselves asking better questions before they even finished reading the book! This is the key insight that the book's hero, Ben Knight, learns from his executive coach as the story of his transformative journey unfolds, eventually leading to breakthroughs that save his career as well as his marriage. His success rests on having become a "question man" and an inquiring leader rather than a judgmental, know-it-all answer man. In this extensively revised second edition, Adams has made the story even more illuminating and helpful, adding three new chapters as well as three powerful new tools. Change Your Questions, Change Your Life is practical yet simple, giving readers an entertaining, step-by-step guide to a technique that will transform their personal and professional lives. Great results really do begin with great questions - Marilee Adams shows you how to ask them!

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From reader reviews:

Daniel Hartung:

Have you spare time for a day? What do you do when you have considerably more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their own spare time to take a wander, shopping, or went to the Mall. How about open or perhaps read a book allowed Change Your Questions, Change Your Life? Maybe it is to be best activity for you. You realize beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it has the opinion or you have additional opinion?

Chris Barrentine:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their down time with their family, or all their friends. Usually they accomplishing activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your personal free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled Change Your Questions, Change Your Life can be great book to read. May be it can be best activity to you.

Robert Araiza:

Reading can called thoughts hangout, why? Because when you are reading a book mainly book entitled Change Your Questions, Change Your Life your head will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely will become your mind friends. Imaging each word written in a book then become one contact form conclusion and explanation in which maybe you never get ahead of. The Change Your Questions, Change Your Life giving you an additional experience more than blown away your head but also giving you useful information for your better life within this era. So now let us explain to you the relaxing pattern here is your body and mind will likely be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary shelling out spare time activity?

Elbert Lupton:

Change Your Questions, Change Your Life can be one of your basic books that are good idea. We recommend that straight away because this reserve has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing Change Your Questions, Change Your Life although doesn't forget the main place, giving the reader the hottest as well as based confirm resource facts that maybe you can be among it. This great information could drawn you into brand new stage of crucial imagining.

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