

## Recommended Reading List

These are suggestions for your further development as a Coach:

TA Today: A New Introduction to Transactional Analysis	Ian Stewart and Vann Joines
The Coaching Habit Say Less, Ask More & Change the Way You Lead Forever	Michael Bungay Stanier
How to Break Free of the Drama Triangle and Victim Consciousness	Barry K Weinhold and Janae B Weinhold
Clean Approaches to Coaches: How to Create the Conditions for Change Using Clean Language and Symbolic Modelling	Marian Way
The Coach's Guide to the Drama Triangle	Julia Menaul
Working Together; Organisational Transactional Analysis and Business Performance	Anita Mountain & Chris Davidson
I'm OK You're OK	Thomas and Amy Harris
Staying OK	Thomas and Amy Harris
Games People Play	Eric Berne
What Do You Say after You Say Hello	Eric Berne
Scripts People Live	Claude Steiner
The Total Handbook of Transactional Analysis	Woollams & Brown
Transactional Analysis for Trainers	Julie Hay
The Transactional Manager	Abe Wagner
Resilience: A Practical Guide for Coaches	Carole Pemberton
A Mindfulness Guide for the Frazzled	Ruby Wax
Seven Ways to Build Your Resilience: Strengthening Your ability to Deal with Difficult Times	Chris Johnstone

The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles	Karen Reivich and Andrew Shatte
Resilient: 12 Tools for Transforming Everyday Experiences into Lasting Happiness	Rick Hanson
Developing Resilience: A Cognitive-Behavioural Approach	Michael Neenan
Think Like a Monk	Jay Shetty
The Stress Solution: The Four Steps to Reset Your Body, Mind, Relationships and Purpose	Dr Rangan Chatterjee
On Grief and Grieving: Finding the Meaning of Grief Through the Five Stages of Loss	Elisabeth Kubler Ross and David Kessler
The Little Book of Mindfulness	Patrizia Collard
Time to Think: Listening to Ignite the Human Mind	Nancy Kline
More Time to Think: The Power of Independent Thinking	Nancy Kline
The Science of Introverts: Explore the Personality Spectrum for Self-Discovery, Self-awareness & Self-Care	Peter Hollins
Awareness	Anthony De Mello
How to be Human the Manual	Ruby Wax
The Mindfulness Workbook	Gary Hennessey
Mindfulness: A Practical Guide to Finding Peace in a Frantic World	Mark Williams & Danny Penman
The Power of Neuroplasticity	Shad Helmstetter
Neuropsychology for Coaches: Understanding the Basics	Paul Brown & Virginia Brown
Neuroscience for Coaches	Amy Brand