



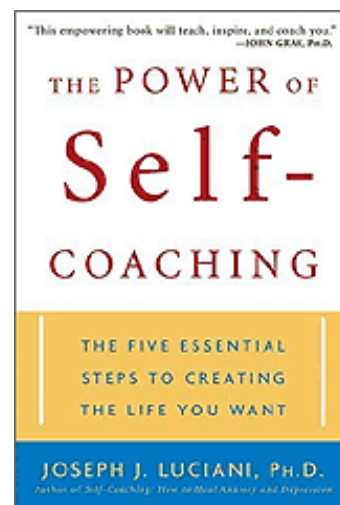
## THE READING CORNER

PRINTER FRIENDLY

### The Power of Self-Coaching: The Five Essential Steps to Creating the Life You Want

Joseph J. Luciani  
Wiley, John & Sons, Incorporated

Buy: [The Power of Self-Coaching: The Five Essential Steps to Creating the Life You Want.](#)



#### *From The Press Release Book Description*

"There is nothing more empowering than accepting responsibility. Taking responsibility is not about assuming fault; it is about re-taking the helm and control of your journey in life. This book will help you navigate through the difficulties of personality and behavioral change to more emotional peace." — Dr. Laura

We are a nation of stress – surveys report that 65% of Americans lose sleep because of it. Fear and anxiety keeps us from sleeping at night and being productive in our daily lives. Job worries and family top our lists of concerns followed by personal finances and world affairs and health. Is the economy improving? Will I make enough money this year? Will I have a job? How will I support my family? Are my kids in trouble? Are they safe? Am I too fat? A vicious cycle of these and other stressful questions – fueled by worry, doubt, and fear – costs businesses more than \$150 billion each year in workplace injuries, workers' compensation, illness, absenteeism, tardiness, and poor performance.

For some people, the answer is a medicine cabinet full of pills. Others simply suffer in silence. Joseph Luciani, PhD believes we have a choice. We CAN take back our lives from the grip of what he terms "reflexive, habitual, negative thinking." And he should know. He lived a good portion of his life in the seemingly never-ending cycle of doubt, fear and insecurity. No matter how successful he was in school or in his work it wasn't good enough. He developed a self-destructive pattern of control. This cycle of thinking soon became a habit making him tired and fearing the "what-ifs...."

In his new book, THE POWER OF SELF-COACHING: THE FIVE ESSENTIAL STEPS TO CREATING THE LIFE YOU WANT, Dr. Luciani shows readers, in an easy-to-follow program, how to get back to where their lives make sense. It allows us to decide who is going to steer our thoughts – ourselves or our insecurities.

THE POWER OF SELF-COACHING is a powerful tool for becoming active participants in our own thinking. Dr. Luciani believes that the answer to our doubts, fears and insecurities can be broken down into two words: Control and Habit. Once we recognize these two influences on our thought processes we can create the life we want. Then, by following his five essential steps, we can tackle our self-generated feelings of unhappiness and helplessness:

- Chart Your Weaknesses
- Separate Fact from Fiction
- Stop Listening to the Noise
- Let Go
- Motivate Yourself

*About the Author:*

Joseph J. Luciani, Ph.D., has brought his message of hope to millions over the years. A clinical psychologist who has been in private practice for over twenty-five years, he is a frequent lecturer and guest speaker. He is also the author of the bestselling *Self-Coaching: How to Heal Anxiety and Depression*.

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