



Ancient Wisdom for Modern Minds: A Thinking Heart and a Feeling Mind

James Carlopio

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Thoughts, reflections and experiences voiced by ancient sages appear in this book as 'coaching conversations'. Their wisdom creates a vibrant landscape populated with insights which help us to reflect upon and discuss emotions encountered in personal transformation and constant workplace change. They allow us to process past experiences and emotions in order to move on.

James Carlopio shows us that coaching for personal improvement has occurred since time-immemorial. These ancient quotes illuminate modern-day socio-cognitive constructs and techniques used in coaching psychology. The 'coaching conversation' itself is grounded in the constructivist-narrative approaches used within Solution-Focused Brief Therapy.

These ancient quotes will assist readers to undergo personal transitions, Executive Coaches to facilitate workplace change and Life Coaches in personal development. Positive Psychology and important areas in coaching psychology are referenced in the Introduction and section openings.

Supported by a subject index, this luminous work is grouped into sections addressing:

awareness of self and others

life, death, health and happiness

wisdom, communication and learning

achievement, goals and effort

The text is designed to help people access emotion, express emotion, acknowledge emotion, release emotion and move on gracefully to happier, more successful and less stressed lives.

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