



# Change Your Questions, Change Your Life: 12 Powerful Tools for Leadership, Coaching, and Life

*Marilee G. Adams*

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## **Change Your Questions, Change Your Life: 12 Powerful Tools for Leadership, Coaching, and Life**

Marilee G. Adams

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In 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 mind—or out of your mouth—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 difference—as it already has for many thousands of people around the world.

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