

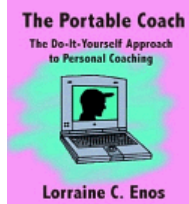
## BOOK Review

### The Portable Coach

by Lorraine C. Enos

Hard Shell Word Factory, 1998

Review by Heitor M Quintella on Apr 7th 2002



*The Portable Coach* can play a unique role in the book market, since it has been written by an author who developed an interesting and original method tested step by step with herself, after examining various existing self-help techniques and using them personally. This personal effort commends strongly the book and makes it different from the usual prescriptive professionally impersonal work.

The method of *The Portable Coach* provides exercises, questionnaires and templates that enables the use of action-oriented, life-changing, simple techniques. In a very organized manner each step will help the reader to define, face and confront his personal challenges, identify causes of hindrances to progress and stimulate him to find dynamic solutions.

In a way, the most important dimensions of personal life can be positively changed by the proposed method, by means of a goal-setting procedure based on self knowledge improvement supported by clever contingency plans.

With a very objective and direct style Enos is successful in keeping the concerned reader motivated all along in this incredibly helpful book.

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**Link:** [Available from Hard Shell Press](#)

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he is a prize winning, best selling author of 18 books and some 200 articles distributed in 35 countries, translator and reviewer of some of the most important Publishers in the world.

## Editorial Reviews

### Under the Covers Books Reviews

"Non-fiction, *The Portable Coach* has one of the better do-it-yourself programs for those wanting to achieve the best possible lives for themselves. It doesn't preach, gives no written-in-stone answers for those who feel like they are running in place, but it does give the serious reader the tools to transform themselves in the way best suited to their skills, ambitions, and dreams. Not only has the author provided assessment tools, she has also provided a handy workbook so there is no need to keep a separate journal as each exercise is completed.

If you are at a crisis point and need some direction, *The Portable Coach* just might be the road map you need. It is easy to read, full of examples, and well organized."

Highly Recommended!

### Book Description

In 1996 over 20,000 Americans paid personal coaches up to \$200 an hour for advice on how to make career and personal changes in their lives. Coaches guided their clients through transformation steps including individual assessment and goal setting. Millions more could benefit from the services of a personal coach but cannot afford their hefty fees. *The Portable Coach: A Do-It-Yourself Approach To Personal Coaching* fills this void and contains realistic advice on how readers can bring lasting changes to their lives. *The Portable Coach* provides an affordable alternative to the \$200/hour fees charged by personal coaches. Instead of providing easy answers, *The Portable Coach* encourages readers to ask tough questions and look within themselves for answers. This book is a must read for anyone who desires to transform their life.