



# Change Your Questions, Change Your Life: 7 Powerful Tools for Life and Work

*Marilee G. Adams*

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# Change Your Questions, Change Your Life: 7 Powerful Tools for Life and Work

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**Change Your Questions, Change Your Life: 7 Powerful Tools for Life and Work** Marilee G. Adams  
"Questioning" is a skill rarely taught in school, but doing it well - that is, asking the right questions of the right people - can radically transform attitudes, actions, and results. *Change Your Questions, Change Your Life* provides easy-to-learn tools that can make a significant and immediate difference in people's business and personal lives. Written as an engaging fable, it inspires readers to take charge of their thinking in order to accomplish goals, improve relationships, advance careers, investigate new territories, and in general gain greater life satisfaction. This book explains how to "be your own coach," outlines the author's QuestionThinking Model, and lists the top 12 questions for change. Real-world examples provide practical models for applying the principles in a variety of situations, while a Choice Map is a useful visual tool that demonstrates that everyone has a choice in every situation, even if it is not immediately apparent.

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