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Triggers

Written in a conversational tone, Marshall Goldsmith ' s book, Triggers, clarifies plenty of issues related to this. Marshall Goldsmith ' s main approach is that it is in our power to control how we act, even when we have to deal with spontaneous events.

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“ In Triggers, Marshall Goldsmith distills wisdom gained from decades of helping people – clients and friends – struggle with truly changing their behavior. Though the book is written in an engaging, approachable way, it is nonetheless profound. Marshall is more than just a coach. He ’ s a provocateur, a humorist, and a challenger.

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