嶐 Master Sources Appendix

This appendix contains all sources referenced or drawn upon across the complete coaching tool series, including books, research, and frameworks that informed the theoretical background and reflective practices. The list is alphabetized by author's last name for clarity and consistency.

- Yvonne M. Agazarian. Systems-Centered Therapy for Groups. 1997, Guilford Press.
- Yvonne M. Agazarian. Systems-Centered Practice: Theory and Methods. 2012, Routledge/Karnac.
- David Allen. Getting Things Done: The Art of Stress-Free Productivity. 2001, Penguin.
- Albert Bandura. Self-Efficacy: The Exercise of Control. 1997, W. H. Freeman.
- Lise Bourbeau. Heal Your Wounds and Find Your True Self. 2000, Éditions E.T.C.
- Brené Brown. The Gifts of Imperfection. 2010, Hazelden.
- Brené Brown. Daring Greatly. 2012, Gotham Books.
- Brené Brown. Atlas of the Heart. 2021, Random House.
- James Clear. Atomic Habits. 2018, Avery.
- Jim Collins. Good to Great: Why Some Companies Make the Leap... and Others Don't. 2001, HarperBusiness.
- Mihaly Csikszentmihalyi. Flow: The Psychology of Optimal Experience. 1990, Harper & Row.
- Stephen R. Covey. The 7 Habits of Highly Effective People. 1989, Free Press.
- Viktor E. Frankl. Man's Search for Meaning. 1946, Beacon Press.
- Barbara L. Fredrickson. Positivity. 2009, Crown.
- Paul Gilbert. The Compassionate Mind. 2010, Constable & Robinson.
- John M. Gottman. The Seven Principles for Making Marriage Work. 1999, Crown.
- Leslie Greenberg. Emotion-Focused Therapy: Coaching Clients to Work Through Emotions. 2011, APA.
- Marshall B. Rosenberg. Nonviolent Communication: A Language of Life. 2003, PuddleDancer Press.

- Harville Hendrix & Helen LaKelly Hunt. Receiving Love: Transform Your Relationship by Letting Yourself Be Loved. 2004, Atria Books.
- Sue Johnson. Hold Me Tight: Seven Conversations for a Lifetime of Love. 2008, Little, Brown Spark.
- John P. Kotter. Leading Change. 1996, Harvard Business School Press.
- Marsha M. Linehan. DBT Skills Training Manual (2nd ed.). 2014, Guilford Press.
- David J. Lieberman. Never Get Angry Again. 2018, St. Martin's Press.
- Sonja Lyubomirsky. The How of Happiness. 2007, Penguin Press.
- Kristin Neff. Self-Compassion: The Proven Power of Being Kind to Yourself. 2011, William Morrow.
- Kristin Neff. Fierce Self-Compassion. 2021, Harper Wave.
- Daniel H. Pink. Drive: The Surprising Truth About What Motivates Us. 2009, Riverhead Books.
- Robert D. Putnam. Bowling Alone: The Collapse and Revival of American Community. 2000, Simon & Schuster.
- Tom Rath. StrengthsFinder 2.0. 2007, Gallup Press.
- Tom Rath & Barry Conchie. Strengths-Based Leadership. 2008, Gallup Press.
- John J. Ratey. Spark: The Revolutionary New Science of Exercise and the Brain. 2008, Little, Brown Spark.
- Matthieu Ricard. Altruism: The Power of Compassion to Change Yourself and the World. 2015, Little, Brown.
- Milton Rokeach. The Nature of Human Values. 1973, Free Press.
- Kim Scott. Radical Candor: Be a Kick-Ass Boss Without Losing Your Humanity. 2017, St. Martin's Press.
- Martin E. P. Seligman. Authentic Happiness. 2002, Free Press.
- Martin E. P. Seligman. Flourish: A Visionary New Understanding of Happiness and Well-Being. 2011, Free Press.
- Peter M. Senge. The Fifth Discipline: The Art & Practice of the Learning Organization. 1990, Doubleday.
- Shalom H. Schwartz. Basic Human Values: Theory, Methods, and Applications. 2012, Springer.
- Daniel J. Siegel. Mindsight: The New Science of Personal Transformation. 2010, Bantam.

- Simon Sinek. Start With Why: How Great Leaders Inspire Everyone to Take Action. 2009, Portfolio.
- C. R. Snyder. 'Hope Theory: Rainbows in the Mind.' Psychological Inquiry. 2002, 13(4), 249–275.
- Douglas Stone, Bruce Patton & Sheila Heen. Difficult Conversations: How to Discuss What Matters Most. 1999, Penguin/Viking.
- Carol Tavris. Anger: The Misunderstood Emotion. 1982, Simon & Schuster.
- Bessel van der Kolk. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma. 2014, Viking.
- Christopher Peterson & Martin E. P. Seligman. Character Strengths and Virtues: A Handbook and Classification. 2004, Oxford University Press.
- Kerry Patterson, Joseph Grenny, Ron McMillan & Al Switzler. Crucial Conversations: Tools for Talking When Stakes Are High. 2002, McGraw-Hill.
- United Nations. Transforming Our World: The 2030 Agenda for Sustainable Development (Sustainable Development Goals). 2015, United Nations Publishing.
- Steven C. Hayes, Kirk D. Strosahl & Kelly G. Wilson. Acceptance and Commitment Therapy: The Process and Practice of Mindful Change (2nd ed.). 2012, Guilford Press.
- Murray Bowen. Family Therapy in Clinical Practice. 1978, Jason Aronson.
- Michael P. Nichols. The Essentials of Family Therapy (6th ed.). 2013, Pearson.