



## **Tuesday Morning Coaching ... Eight Simple Truths to Boost Your Career and Your Life**

*David Cottrell*

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Jobs, Career

## **Tuesday Morning Coaching ... Eight Simple Truths to Boost Your Career and Your Life Details**

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# From Reader Review Tuesday Morning Coaching ... Eight Simple Truths to Boost Your Career and Your Life for online ebook

## Brenda says

Loving the simplicity of this book and the profound wisdom and knowledge one can glean if committed to change and willing to submit to being coached/mentored. I loved it.

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## Mark Oppenlander says

At some point in the last few decades it became popular to write business advice and professional self-help books in a narrative format. Presumably this was done to make the concepts being described more accessible and engaging for the lay reader. But such an approach only works if the author has any idea how to write narrative fiction.

So let me just say it up front: This book is awful. If you want to know more, read on and I'll explain why I believe it is awful.

Ryan Harris is a manager who is burned out and hitting a mid-career slump. He can't figure out why he is no longer moving forward and why his work seems harder every day. He approaches semi-retired executive Jeff Walters to get some help. Jeff agrees to help Ryan, provided Ryan will commit to a regular meeting over coffee for eight weeks and a few "homework" assignments along the way. The rest of the book is a description of these mentoring meetings in which Jeff and Ryan unpack career and success lessons gleaned from the assignments Jeff gave Ryan to complete.

Sound scintillating? It's not. But that's not really the issue. Here are just a few of my problems with this book:

- Cottrell does not write nuanced characters. Both Jeff and Ryan are stereotypes. Jeff's life is described in terms that suggest a perfect affluent suburban dream. Ryan almost literally goggles in awe at how put together everything in Jeff's house, family and life are. Ryan, for his part, is a talented but overworked middle-manager who does a lot of hand-wringing, but is eager to learn. Once you have those pictures fixed in your mind, nothing more is needed. We learn nothing else of interest about these two and they certainly don't evolve or change in interesting ways.
- Everything happens too easily. If Jeff is the perfect teacher, Ryan is the perfect student, learning and implementing every life lesson on his eight week schedule. There is no major road block or hiccup along the way.
- Every piece of advice is reduced to a cliche (e.g. "Consider it Done!" "And Then Some!", etc.) This was undoubtedly done so that readers can remember the key points, but it serves to trivialize the concepts themselves.
- Speaking of cliches, eight weeks to transform your personal and professional life? Really? I simply had a hard time believing that someone with as much talent and drive as Ryan was supposed to have would be able to pivot so quickly. Successful people don't always break old habits that quickly - they got where they are

using certain skills and tools and making different choices or breaking those habits can be (and usually is) painful. None of that is reflected in this narrative. I also wasn't convinced that Ryan could have gotten as far as he had in his career without knowing some of these life lessons already.

- Finally, the writing is just bad. The word "hackneyed" comes to mind. If I read the sentence "Jeff paused to take another sip of his coffee" one more time, I think I would have wound up spitting my own coffee out - all over the page.

I could say more (e.g. that the book seems to perpetuate a patriarchal view of the corporate culture, that the author gives no theoretical grounding for his ideas, etc.) but isn't this enough? Principle #9: Don't Beat a Dead Horse.

I came close to giving this book two stars. My thought process was that some of the advice is OK and a reader might get something out of absorbing these ideas. But then I realized I had a sacred duty to storytellers and readers everywhere. If I can save even one person from reading this terrible piece of narrative writing, I must do so.

I will now proceed to do something I have only done once or twice in my life. I will throw this book in the recycle bin.

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### **Kat Murphy says**

A must read! I received this book from the president of my company, so knew it would be important to read. These eight truths can be applied to an individual's career but also in his or hers personal life. My favorite chapter-truth is that Knowledge is Power! Keep reading books.

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### **Vicci Divine says**

This was such a great read with 8 simple truths. I read it every Tuesday morning and while I didn't take on the actions I plan on reading it again and embedding the truths as part of my value system.

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### **Raihana says**

taking the notes from this to guide me in 2016.

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### **Gary says**

Advise about business from people who live the dream everyday is rare, and to pass on something from a man who lost his way and got fired, but helped me with a marketing scheme. He said in planning a logo for my club some advise he got personally from the famous entrepreneur/ billionaire, Mark Cuban, "Keep it Simple, stupid!" This book is simple and glorious for a stalled but capable professional with the know how to get help when you need it. I thought this book was just the "kick in the pants" I needed to send me back

towards seeking progress everyday. The trick is to treat it like a brotherhood of man and pass on the good will when it is appropriate. I'd say read his book, it's short and simply a help in a world of failed dreams and short comings.

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### **Craig says**

Simple, concise success principles told in story fashion. Very easy/quick read, definitely going to re-read.

5 stars isn't enough...

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### **Brandon says**

Easy read, and nice lessons learned. Hard to put down after starting.

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### **Keith Brooks says**

Ok, read as a mentor to be. Just ok is how I recall it.

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### **Marc God says**

Set of very practical coaching techniques and insights that you can implement immediately..

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### **Janine says**

Really a neat little book with some good advise on setting priorities, staying focused, and accomplishing success. I like the notes at the end of each chapter. They summarize the most important points nicely. This is a good book to give to an aspiring leader to read.

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### **Suzanne says**

I received this book as a gift from a former fellow and current friend/mentor at the completion of my Spectrum Health fellowship. I think books are one of the best gifts. They impart knowledge, which is the gift that keeps on giving.

Concise, easy read. Great "truths" to follow for a successful professional and personal life. Good summaries at the end. My three stars is mostly due to the approach to telling the truths and not the actual truths. I understand that Cottrell was trying to add the personal to the book and create more of a narrative, which is probably how he really learned about these truths, however it did add a lot of superfluous junk to a short

book that could have been much shorter. While I appreciate its brevity, it could have been done in fewer words with a similar impact...just like this review :)

A couple of great quotes from the book:

"Show me their library, and that library will show me the owner's philosophy and values." :) I value reading. I value books.

"According to the U.S. Labor Department, business people who read at least seven business books per year earn over 230 percent more than people who read just one book per year."

"How many books do you think you would have to read to be in the top 1 percent of all nonfiction readers in the world?...You can be in the top 1 percent by reading just one book per month. One book per month is about half a chapter a day, maybe 10 minutes. Top 1 percent for 10 minutes a day investment? What a deal! Think about it. If you read one book a month for one year, you would have read 12 books. In five years, you would have read 60! If you'd read 60 books and you went to interview for a job, don't you think you'd be more knowledgeable than any other candidate for that job?...The challenge is not finding the time. The challenge is being disciplined and making the pursuit of knowledge a habit and priority in your life."

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### **Bonnie says**

Whereas the book I read last, *The Art of Persuasion: Winning Without Intimidation*, was about getting your way at the expense of no one, and treating people special even if they can't do anything for you, *Tuesday Morning Coaching* was cold and somewhat empty. I found the tone condescending and merciless, and while none of the advice was downright *bad*, I didn't like the tone of the mentor, Jeff, and his success "no matter what" attitude. Maybe I'm just not meant to be a businessman, but luckily for me I don't have to be. I'm giving this two stars because it *is* aiming to help break down success principles in a way that is easy to understand. It's just not very appealing.

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### **Teena in Toronto says**

Ryan Harris is a successful manager who is burnt out and tired of working hard and going nowhere. Looking for guidance, he turns to Jeff Walters, a semiretired executive who agrees to coach Ryan (they worked together years ago). Jeff had been mentored in the past so this is his chance to pay it forward.

They meet every Tuesday morning for eight weeks so Ryan can learn the eight simple truths:

- \* No Matter What!
- \* ... And Then Some
- \* Consider It Done
- \* Above All Else
- \* From Now On
- \* See It, Feel It, Trust It, Do It!

- \* Focus Inside Your Boat - My favourite! You can't control what anyone else is doing (ie outside your boat)  
... you can only control and focus on what is in your boat
- \* Knowledge Is Power

You'll have to read the book to see in more detail that the truths actually mean.

Throughout the book, we follow along with Ryan on his journey. Every week he has assignments and things he's going to try to do differently. Plus Jeff sends him off to speak with various people (a receptionist, a fireman, a golf pro, etc.) to instill the truths as he is hearing their stories.

This book is written in first person, in Ryan's voice, and are the conversations that he and Jeff have every Tuesday morning. At the end of each chapter are Ryan's handwritten notes summarizing the truths as he is learning them.

I enjoyed this book. It's written in a conversational manner and was a quick read. It's a good reminder to go with change, have integrity, go the extra mile, visualize your goals, etc.

Blog review post: <http://www.teenaintoronto.com/2013/03...>

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**Theelmo26 says**

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