

Review of *How to Get On with Anyone*, in Coaching at Work, January 2021

The screenshot shows a digital interface for a book review. At the top right, there is a navigation bar with icons for home, list, search, and other functions. A red banner at the top left says "REVIEWS". Below it, a 3D rendering of the book "HOW TO GET ON WITH ANYONE" by Catherine Stothart is shown. The book cover is blue and yellow, with the subtitle "GAIN THE CONFIDENCE AND CHARISMA TO COMMUNICATE WITH ANY PERSONALITY TYPE". To the right of the book, a red banner says "BOOK". Below this, the book's details are listed: Title: How to Get On with Anyone; Author: Catherine Stothart; Publisher: Pearson Business; ISBN: 978 1292 20786 5; Usefulness: ★★★★★. The main review text is in two columns. The left column starts with "How to Get On with Anyone is a highly practical and engaging book. I think most of us can do with honing our influencing and communication skills. As the book says, we are social beings. A considerable amount of our fulfilment in life comes from our relationships and interactions with others. This book's focus is to provide a framework to enable interactions to be the best they can be." The right column continues: "The book is packed with insight, tips, tools and techniques that are immediately usable. It provides material and worksheets to recognise other people's styles and provides numerous suggestions for different applications. Stothart brings information from emotional intelligence and neuroscience to augment her writing, which uses as its foundation part of the Type methodology devised by Carl Jung. Type has been developed in the past 20 years by Linda Berens, David Keirse, Marilyn Bates, and others. Anyone who is a trained Type practitioner (MBTI) will relish the additional lens the Interaction Styles offers to understanding personality and the energy drives that lead into behaviours." At the bottom left, there is a bio for Sarah Perrott, managing director of Cresco, with the website www.crescoconsulting.co.uk. At the bottom center, there is a "BOOK" label and a navigation bar with a book icon and arrows.

REVIEWS



BOOK

Title How to Get On with Anyone
Author Catherine Stothart
Publisher Pearson Business
ISBN 978 1292 20786 5
Usefulness ★★★★★

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Sarah Perrott is managing director of Cresco www.crescoconsulting.co.uk

BOOK